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That festive feeling



CONTRIBUTED

What would the holidays be without Festive Favourites, the seasonal element of MRU Conservatory's Music to Your Ears concert season — a highly anticipated December tradition perfect for families and anyone looking for that holiday music-fix to get into the spirit of the season.

And having these events in the acoustically impressive new Bella Concert Hall is an added treat for concertgoers. Winter Fantasia (Dec. 11 at 3 p.m.) features performances by the younger MRU ensembles — Mount Royal Arieta and Mount Royal Arioso choirs are joined by the Calgary Boys' Choir and Conservatory Strings.

"There'll be Christmas favorites plus music around other celebrations like Hanukkah and Kwanzaa," said Jonathan Love with MRU communications. "We're a multicultural institution, so the music will have everyone tapping their toes and getting into the festive spirit."

With the Sounds of the Season (formerly Christmas in Song) sees MRU Conservatory's choral and instrumental ensembles get a turn to shine on Dec. 17 at 7 p.m. Joining the Calgary Youth Orchestra, the Mount Royal Artio and Mount Royal Kantorei singing ensembles team up for an evening of holiday classics, sing-along carols and the traditional performance of Handel's Hallelujah Chorus.

The evening is hosted by Calgary a capella group the Heebie-jeebies, who will lead the audience in sing-along carols.

"With tickets at an affordable \$10 to \$30, it's a wonderful way to celebrate the season and enjoy the acoustically superior Bella Concert Hall," says Love. "We're lucky to have this — in tough economic times it can be difficult to produce a concert with full orchestra and full choir. This is special."

Music To Your Ears 2016-17 runs at Mount Royal University Conservatory's Bella Concert Hall in the Taylor Centre for the Performing Arts, 4825 Mount Royal Gate SW.

Get your tickets online: tickets.mru.ca. Phone: 403-440-7770. E-mail: tickets@mtroyal.ca.

Concert-goers save up to 25 per cent when signing up for an entire series. Corporate and group packages are also available.

Hadfield landing at Bella Concert Hall

The first Canadian astronaut to walk in space will be the first astronaut to set foot on the stage at the new Taylor Centre for the Performing Arts — and he's bringing his guitar. Commander Chris Hadfield says his keynote address will be "a mixture of some Canadian stories, some space flight stories and a personal interweaving between the two."

The Music To Your Ears Concert Season at MRU Conservatory, which has featured the likes of Ziggy Marley and Chantal Kreviazuk already this fall, celebrates the pursuit of musical excellence. And 'space cowboy' Hadfield is also quite at home on a concert stage. As the first human to record an album of music while off-planet and cover David Bowie's Space Oddity to the tune of 28 million views on YouTube, he knows how to attract an audience.

Ticket holders on Nov. 26 will likely hear something from the album, Space Sessions: Songs From a Tin Can, which features original music by Hadfield and his brother, David. Hadfield says he's excited to bring his experience to the concert hall environment. "My intent," he says, "would be to tell some stories and use some music to help illuminate them."

As well, the high-flying author of two best-selling books just released his third publication, The Darkest Dark, a children's volume on conquering fear. It's just one of his creative passions he has pursued since landing back on his home planet.

Although Hadfield's performance is sold out, there are more stellar guests in this year's line-up at mru.ca/enjoy.



CONTRIBUTED



Sounds of the Season

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Cathy Jones in *Stranger to Hard Work* is part of this year's High Performance Rodeo. CONTRIBUTED

Hold tight for a wild ride at High Performance Rodeo

It's hard to say what kind of concoction the High Performance Rodeo has in store for January but if the past is any indication, it's going to be a wild month of performances.

One Yellow Rabbit's High Performance Rodeo is the largest festival of its kind in Western Canada and features gripping theatre, unique music, creative dance and more, according to Festival Producer Kelly Reay.

"People can expect what they've come to expect from the rodeo; a month of eclectic local, national and international programming that is week-to-week and day-to-day very different from one thing you see to the next thing you see," he says. "There's so much range, diversity and different types of performances that

will really stimulate audiences during the cold month of January."

With over 25 different shows, there is something that will satisfy all sorts of different tastes and there is also a chance to venture outside of your comfort box, too, Reay adds.

"We encourage everyone to take a chance and check out our reputation for creative panache. When you talk about the shows, it's so hard to single out just a few — but there are a few notable shows we're excited about."

In particular, One Yellow Rabbit is excited about their world premiere of *All the Little Animals I Have Eaten* by Karen Hines, author of six award-winning plays and a two-time finalist for the Governor General's Award for Drama.

"Karen Hines is a pretty well known Canadian playwright and performer known for her trademark wit and off beat insights and this play follows conversations between female professionals, friends and some unexpected voices," Reay explains, adding it explores the idea of the "Bechdel-Wallace Test."

"In order for works of fiction to pass the Bechdel test, they need to have at least two women who talk to each other about something other than a man — and that's what this production is inspired by."

Tickets for the High Performance Rodeo, which runs from Jan. 5 until Feb. 2, go on sale starting today. For more information and to buy tickets, please visit hprodeo.ca.



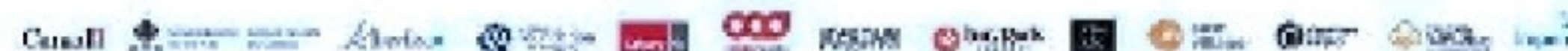
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Calgary metro

Your essential daily news | THURSDAY, NOVEMBER 17, 2016

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TRUDEAUS IN CUBA
 Sophie brings message of gender equality — and leaves the kids at home
 metroNEWS




Calgary Flames left-winger Johnny Gaudreau is congratulated by teammates after he scored on a power play against the Minnesota Wild on Tuesday.
 THE ASSOCIATED PRESS

That stings

Flames star Gaudreau could be out four-to-six weeks after finger surgery **metroSPORTS**

Film centre to expand

ENTERTAINMENT
Plans in motion to revamp site to meet global demand



Aaron Chatha
 Metro | Calgary

Expansion plans for the Calgary Film Centre are already being considered, even though the facility just opened this May. General manager Erin O'Connor said the \$28.2-million facility is fully booked until June of next year, notably by a large Hollywood production and a U.K.-based project.

"With the huge push globally for content, there's a real need for us to expand our space and be able to provide those pieces that would help us gain the competitive advantage," she said. "We definitely could grow easily into the marketplace."

"There's room for expansion for sure." O'Connor was mum on the exact expansion details — discussions are still in the early stages — but she said the facility has become a game changer. No longer are Alberta-based productions restricted by the weather.

In the past, film crews made use of Alberta's beautiful natural vistas, but a lack of suitable space meant interior shots were done in Vancouver or back in Hollywood.

In fact, O'Connor just came back from a trip to L.A. last week, which involved a number of presentations to large and independent movie studios about filming in Calgary.

"We had great response and openness to exactly how competitive Calgary is in the global marketplace for film production," she said. "We've had significant interest and pickup even since we returned home."

"It's exciting — it's an exciting time."



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AIRPORT

Water filling stations installed after complaints



Helen Pike
Metro | Calgary

Parched?

Calgary's New International Airport Terminal may be equipped to collect rainwater for more efficient toilet flushing, but when it came to thirsty travellers, a lack of dedicated water fountains left passengers feeling dry.

The \$2-billion terminal opened Oct. 31 at 3:30 a.m. to those who have eagerly waited years to see the massive, bright and spacious new space. It has more than 50 places to dine, and shop.

But frequent fliers filed complaints about Calgary's newly opened International Terminal last week to try and quench their thirst — Adam Ludgate was even told to wait in line at a Starbucks to get his fill — after discovering a shortage on fountains to fill water bottles.

He flies to England frequently for work, water bottle in hand. "I found it a little bit irritating," Ludgate said. "You get thirsty, particularly when you get off a plane."

After getting off a flight Ludgate heads straight for a fountain to fill up. He felt the lack of fountains seemed to be a drive to have people pur-



More than 15 million people travelled through YYC last year, and about 36% of Canada connects through the airport.

ELIZABETH CAMERON/ FOR METRO

"I found it a little bit irritating. You get thirsty, particularly when you get off a plane. Adam Ludgate

chase water, which he had to do in the end, even though he had brought a water bottle on board to fill.

Meneka Repka was travelling last week, she asked if there were nearby fountains (and

was told no), so she bought a smoothie instead of filling up her bottle.

Since then, the airport has installed designated bottle fill stations in the food court, to supplement the "multi-purpose

water bottle filling stations" as clients highlighted a greater need to stay hydrated.

"The original stations are designed with a sink and are still available in the food court areas on both Transborder and International levels. They allow travellers to both wash their bottles and refill them," read a statement provided by an airport spokesperson. "Passengers

wanted and expected to see a stand-alone water option, so we made a quick adjustment to add them."

After complaints, a post on the YYC Calgary International Airport Facebook page read: "Well, that experiment didn't work out so well," and let customers know with photos there were new options available to fill bottles.

DEVELOPMENT

Interchange not off table



Brodie Thomas
Metro | Calgary

Neither the city nor the MLA for Calgary East have given up hope on getting an interchange built for Deerfoot trail at 212 Avenue SE.

Coun. Shane Keating thinks the province is coming around on building the interchange.

"The minister was willing to have another look at it," said Keating, adding that Transportation Minister Brian Mason had met with officials from Brookfield about how they could help the project along with a \$10 million contribution, or about one-fifth of the cost.

The city has also committed \$10 million in funding, and will foot the province's \$30 million up front if it can get a timeline for payback from the province.

Keating said Brookfield wants to make sure roads are ready for increased development in Cranston and Seton.

Calgary-South East MLA Rick Fraser held an open house in Cranston Wednesday night to discuss the matter with constituents.

"It's really an info session to let them know what we have to date," said Fraser. "I've heard it's taking up to an hour to get out of the community — which is crazy."

Fraser is also optimistic about the province getting behind the interchange. "The minister has been gracious with his time and in listening," he said. "I think they're evaluating the project and its benefits at this point. It hasn't been a yes and it hasn't been a no either."



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Rock your Mocs a 'celebration'

INDIGENOUS CULTURE

Effort brings awareness of Metis Week to MRU campus



Josie Lukey
For Metro | Calgary

When Dion Simon was getting married, he wanted an elder to craft a pair of deerskin moccasins for the ceremony.

For Simon, a Plains Cree from Treaty 6, following tradition for his Cree and Blackfoot pipe ceremony was important to celebrate his indigenous culture. Which is why Simon is encouraging both indigenous and non-indigenous people to celebrate Metis Week by rocking their moccasins.

Rock your Mocs is an effort to bring a celebration of indigenous culture to the campus of Mount Royal University (MRU) and across the city — even though Simon knows he's sort of breaking traditional rules.

"Rocking your mocs is a part

of the little bit of awareness that we can show. I know when you follow tradition you only wear these in ceremony, but as long as you smudge them and have sage in them, you're good," said Simon.

Jenny Philbrick of the Iniskim Centre at MRU agrees, adding that although people like to use the word appropriation, that's not what this initiative is about.

"It's a celebration. If people want to wear them and celebrate with us, then do so because they're warm and they're beautiful and they're comfortable — I don't think it's just for indigenous people," said Philbrick.

According to Philbrick, the beadwork on moccasins represent a different family story or exhibits different symbols in indigenous culture. Simon's for example, contain only white, red, blue, black and orange beads, which form a sun and a medicine wheel on the top of the moccasins.

John Fisher, director of the Iniskim Centre, said his moccasins contain Blackfoot stars that were crafted by a former administrator of the centre.



Jenny Philbrick's moccasins were a gift, but she uses them today as they were used traditionally — to keep her feet warm.

JENNIFER FRIESEN/METRO

"It just brings awareness of who we have on campus and provides people an avenue to

participate" said Fisher.

"It's just another way to acknowledge indigenous people."

Philbrick said for people who don't own a pair of moccasins, they're encouraged to partici-

pate by wearing any turquoise jewelry or to stop by the Iniskim Centre to pick up a blue ribbon.

GEEKY SUMMIT

Grants aim to close wage gap for women entrepreneurs



Aaron Chatha
Metro | Calgary

Opportunities for women to help women in Alberta have just grown to the tune of \$500,000.

Speaking at the Geeky Summit conference for women, Stephanie McLean, Minister of Status of Women, announced half a million dollars in grants for Alberta organizations improving the lives of women.

"Our province can't be at its best when half our population is not reaching their potential," said McLean.

Projects must focus on either helping close the wage gap, preventing and responding to violence against women, or encouraging women to run for elected office or apply for senior leadership roles.

Organizations have one month — until Dec. 16 — to apply.

The Geeky Summit conference hosted about 180 women, making it the largest gathering of women in technology and entrepreneurship in Western Canada.

The event packed the Telus Spark science museum with successful women entrepreneurs like Olivia Poole, founder of Hey! Vina. It's a woman-focused app



The organizer of Geeky Summit, Kylie Toh. AARON CHATHA/METRO

that's sort of like Tinder, but for making new friends instead of making new regrets. In fact, Tinder has even jumped onboard the small San Francisco startup.

Poole said it's difficult for women no matter where they are. "The rate at which women get funded compared to men — it's abysmal," she said.

"Being a woman who has made a platform for women-only, our audience is mostly millennial, so it's been a lot of convincing old, male VCs that 'hey, this is actually really important — you need to pay attention to this.'"

As women get ahead in tech

and business, Poole feels closing the gender gap will rely on women leaders helping other women reach those same heights.

Poole's sentiment was shared throughout Geeky Summit.

"We need to make events like Geeky Summit not an anomaly, but an every day occurrence," said Kylie Toh, Chic Geek founder and organizer of Geeky Summit.

"When we see that happen, I think that change affecting unconscious bias will start to shift as well. It's not about one day, one event. It's about, how can we do this every day, live and work it all the time."

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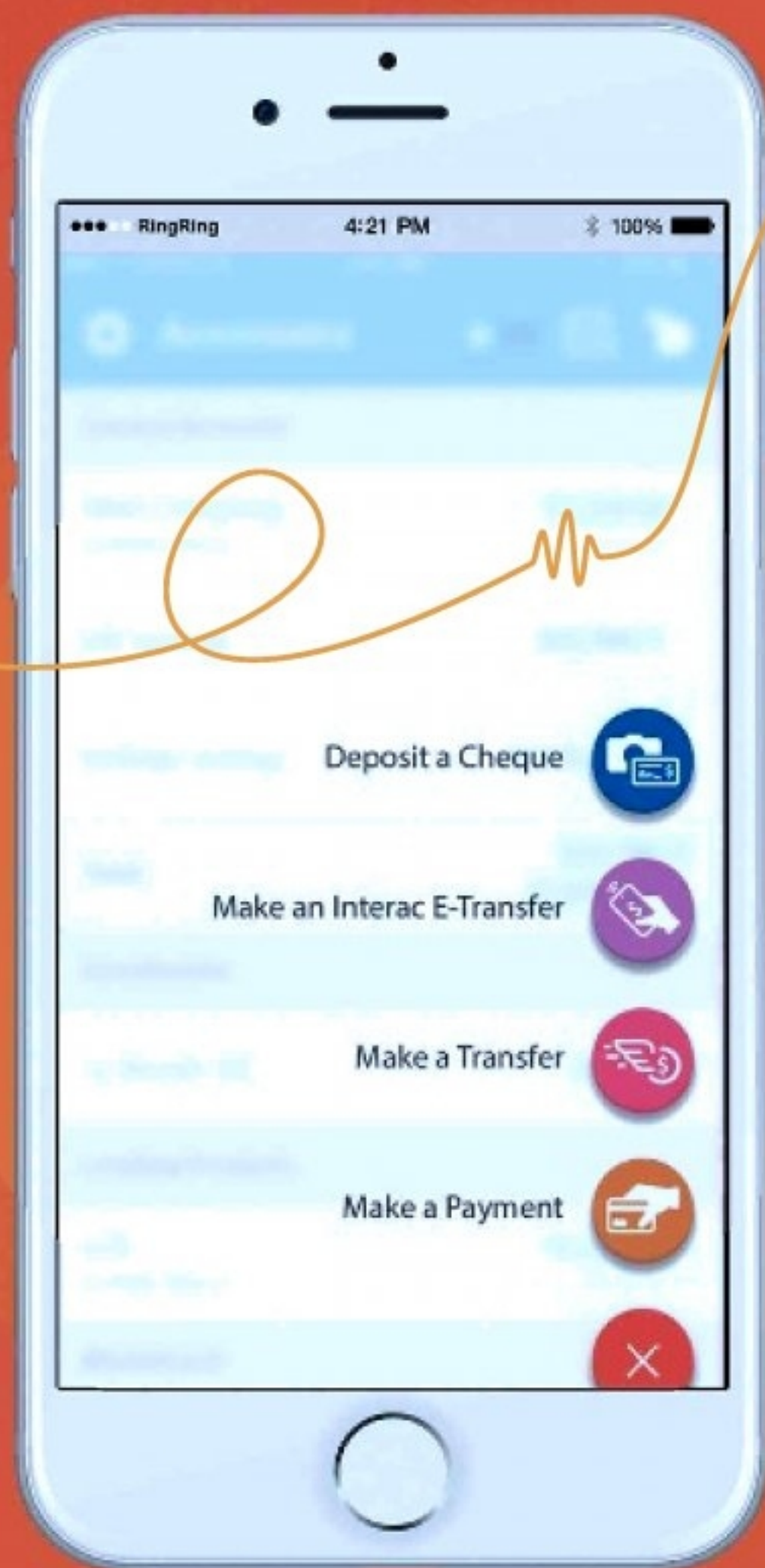
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City tests new tech for snow clearing

WINTER

A rubber blade could eliminate need for salt, sand

Brodie Thomas
Metro | Calgary

When the snow is falling this winter, the City of Calgary wants to make it rain real-time data for all the drivers looking to hit the roads.

Although the city has had maps in past years with real-time location of its plows, this year they've added a new feature that shows work completed.

"If you're looking at your neighbourhood or you're looking at your route to work, you can see exactly where the plows have been in the city, and you can see if your route is complete," said Brit-



Maintenance manager Bill Biensch says the city will be testing a broom on one of its plows. BRODIE THOMAS/METRO

tany Kustra, spokeswoman for Roads.

Colour coded lines will show if the plow completed a road less than an hour ago,

more than an hour ago, or more than two hours ago.

Bill Biensch, maintenance manager for roads, explained how the city will also be try-

ing some new-old technology on its plows — a broom and a squeegee.

One of the city's plows will be outfitted with a special broom on the front, for lighter, dryer snow.

They'll also be testing a rubber blade on one of the under-body plows. Biensch said rubber blades will allow for a closer cut, leaving less snow on the road.

"If we can take all of the snow and the water off the road surface, then we don't have to put down any materials (salt or sand)," said Biensch.

The rubber blades may wear out more quickly, so he said they'll do a cost-benefit analysis to see if they're more cost-effective than steel blades.

+ MAP

See the city's updated condition map at calgary.ca/roadconditions

OPIOIDS

Youth emergency visits climbing

Kevin Maimann
Metro | Edmonton

Albertans are arriving at provincial emergency rooms due to opioid-related complications at more than double the rate they are in Ontario — and the disturbing trend is for them to be young, according to a new report.

Hospitalization rates linked to opioids more than doubled for those aged 15 to 44 in Alberta while increasing by one third in Ontario in the 2014-'15 fiscal year, according to a report released by the Canadian Centre on Substance Abuse and the Canadian Institute for Health Information on Wednesday.

Alberta also saw 57 per cent more emergency department visits for opioid poisoning than Ontario in the same period. Comprehensive data was unavailable for other provinces.

Meanwhile, people admitted to hospital for opioid poisoning across Canada remained hospitalized for an average of eight days, which is longer

than those admitted for heart attacks (5.1 days), pneumonia (6.9 days) or hip replacement surgery (7.3 days).

Dr. Hakique Virani, a public health doctor and director of Metro City Medical Clinic in Edmonton, said the lengthy stays speak to the importance of catching opioid addictions early.

"This is a significant cost driver for health care, considering that the numbers of people hospitalized for opioid poisoning is going up," Virani said.

Some reasons for long stays could include co-morbidities that come with injection drug use or psychiatric conditions identified during a patient's stay in hospital, he said.

"Dealing with this condition early is in everybody's best interests — from the perspective of social productivity and saving lives for sure, but also saving money from an already taxed health care system."

Seniors aged 65 and older still had the highest hospitalization rates from opioid overdoses, with accidental poisoning cited as the main reason.

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Calgary metro NEWS

WOMEN IN POWER: BULLYING IN ALBERTA POLITICS

A 3-PART METRO SPECIAL FOCUS

Battles won but...

EQUALITY

How far we've come, only to amplify the abuse



Alex Boyd
Metro | Edmonton

Laurie Blakeman won her first election to the Alberta legislature in 1997, as a member of the Liberal opposition to the eighth consecutive term for the PC party, and Premier Ralph Klein's second.

But Blakeman remembers that year for a different reason: It was the year the main wing of the legislature got its first women's bathroom.

"They had just changed 'backstage,' as I call it, from a (men's) washroom to a women's only washroom, which really peeved the men," Blakeman said. "Men in the opposition had to then go outside, cross over through the lobby and go back in through the federation room to get to a washroom."

ABOUT THIS SERIES

This week Metro will look at the abuse women in political leadership positions face in Alberta. But beyond documenting the abuse, we will continue to look at the gains women have made in the province, politically, and the deeper reasons behind some of the abuse.

TOMORROW How having more women in politics is changing the discourse in Alberta.



Laurie Blakeman, who was a Liberal MLA for almost 20 years, has seen gains and losses for women in politics. SHAWN TSE/FOR METRO

Blakeman smiles at the memory. "I said, 'Aww, that's really too bad.'"

As this series has examined, a record number of women MLAs are now serving in Alberta, and shaking up more than the plumbing. But they are also increasingly facing abuse including death threats and what Calgary MLA Sandra Jansen has described as "filth" on their social media feeds.

Few women have more war stories from this battle than Blakeman. And her perspective in 2016 is one of steps taken forwards, as well as back.

Blakeman lost her Edmonton-Centre seat last year, in the same surge of NDP support that ushered a wave of women into the legislature. It was an ironic loss, as Blakeman had spent almost two decades in office, often as one of only a handful of women there, all the while pushing for progress on child care, domestic abuse and LGBTQ rights.

"I think that's what we were all fighting for, was to get women in there," she said, speaking recently outside the legislature.

Still, she says, our society still hasn't figured out how to reconcile humans who give birth and mother children with those who

wield power.

"Women being successful and achieving powerful positions really rattles some people, and they can't take them on as an equal, so they try through anonymous means to knock women off their stride," Blakeman said.

"Threatening them, calling them names, degrading them, dismissing what they're saying, dismissing their intelligence."

But why are those spewing hate — both men and women — sending more of it in 2016, not less? Blakeman points to trends at the legislature itself, a place she says has shifted from collegial to confrontational.

"I blame politicians generally for part of the state that we're in right now because politicians started to skew that rule and call each other names and the whole tone of the assembly started to lower," she said.

Not surprisingly, she cites social media, which hands a virtual bullhorn to every dissatisfied voter.

Jansen, who two weeks ago became the most public example of a woman politician facing abuse in Alberta, when she flagged it as the reason she was stepping down from her bid to lead the PC party, says other factors are

WHAT YOU CAN DO

You can support women politicians in Alberta in the language you use and ask why those who utter death threats, misogyny or otherwise feel open to say such things. Get involved in the conversation:

#womeninpower #ableg

also at play.

For her, the growing noise from right-wing media is behind the situation worsening.

"This is often spurred along by groups, and I don't say 'media outlets,' I say 'groups' like Rebel Media, who foment this rage," Jansen said.

Jansen says that Notley, as a left-wing leader, is targeted more than Alison Redford was.

During her former role as Redford's communications director, Jansen said many of the messages Redford received had "misogynistic overtones," and took aim at her marriage or her parenting skills.

But, "With Rachel it's a little more bloodthirsty," she said. "They've just let loose, they're saying anything and everything."

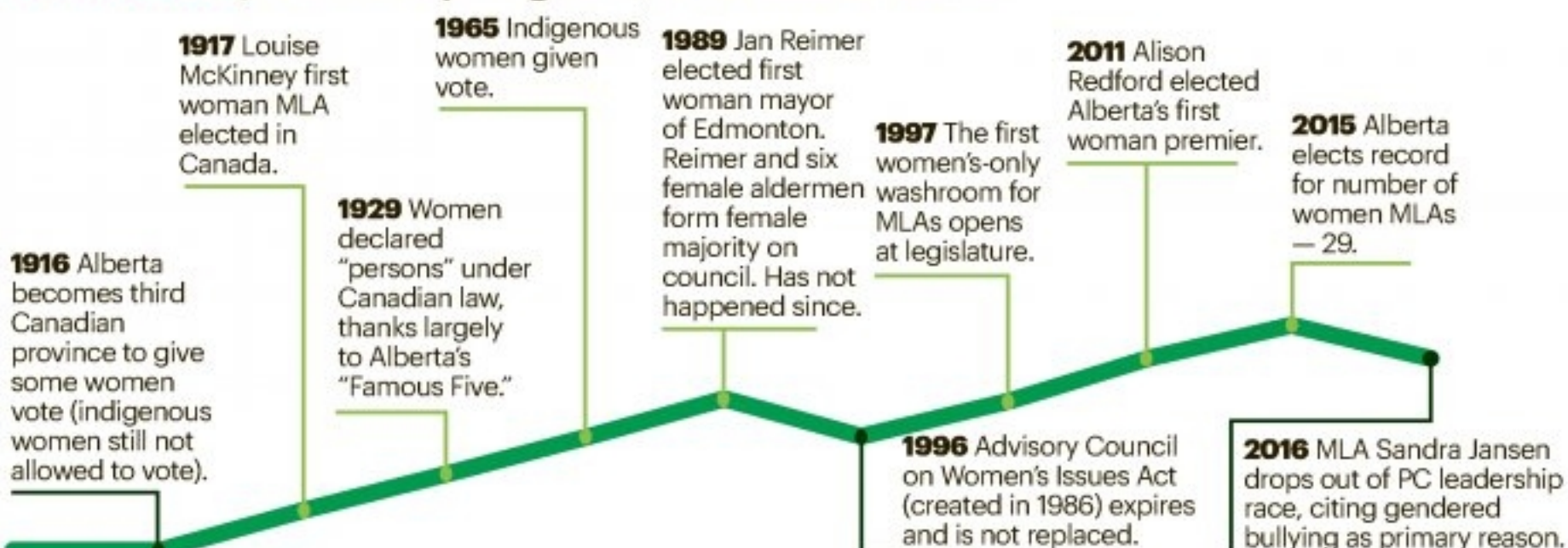
Yet despite the amplification of abuse, Blakeman also says things have come a long way.

She remembers many years ago talking in the legislature about childcare and the need to fund it. "I just looked across this sea of 50-year-old white guys mostly from a rural background and I couldn't figure out why I couldn't get to them," she said.

"And I went home and thought about it and went 'Duh,' these guys had never had anything to do with childcare."

Today, "We haven't solved everything, but we're at the point but we can discuss the subject from all sides."

TIMELINE | A century of gains, with some losses





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Community kitchens see more traffic

OUTREACH

Healthy eating programs aim to supplant use of Food Bank

Elizabeth Cameron
For Metro | Calgary

Calgary is hungry for affordable, yet healthy food.

The annual Hunger Count report from Food Banks Canada, released on Nov. 15, found that Alberta has seen a 136 per cent increase of people accessing food banks since 2008.

The Community Kitchen Program of Calgary (CKP) helps food-insecure individuals and families access healthy food, and develop the skills to prepare their own affordable meals.

There are several programs under the CKP, aimed at teaching nutrition in schools, redistributing food that would otherwise be thrown out from stores, and enabling Calgarians to save money by organizing a batch cook and taking home the portions they need.

Typically, the CKP helps low-



Jesse Radder, John Wood, and Ian Undseth chop vegetables at the Community Kitchen Program of Calgary warehouse.

ELIZABETH CAMERON/FOR METRO

income families, university students, seniors, and other food-insecure people.

Over the past two years, the demographic has been changing. "It isn't just people in poverty that are accessing our programs.

These are people who have lost their jobs recently," said Sundae Nordin, CEO of the CKP.

Nordin said the Good Food Box program has seen the largest increase, with 46 per cent greater demand this year com-

pared to last.

A Good Food Box, filled with fruit and vegetables, can be purchased for 48 per cent lower than grocery prices.

According to Nordin, food and monetary donations are down,

and resources are limited. "Some days are harder than others, we're trying to accommodate what we can," she said. "It's not about getting food to the table, it's about getting good, healthy food to the table."

Some days are harder than others, we're trying to accommodate what we can.

Sundae Nordin

Brian Himmelreich has worked with the CKP for 23 years, and seen the benefits first hand.

He described helping a client who broke her ankle, leaving her unable to work at her two part-time jobs. The woman was faced with the choice of buying food or paying rent for her empty apartment.

"You have to have hope, right? But she didn't even have that," Himmelreich said.

He said when people receive their food, they often tear up with relief.

"It's not always about the food, it's also about having someone that cares, and having a place to turn," said Himmelreich.

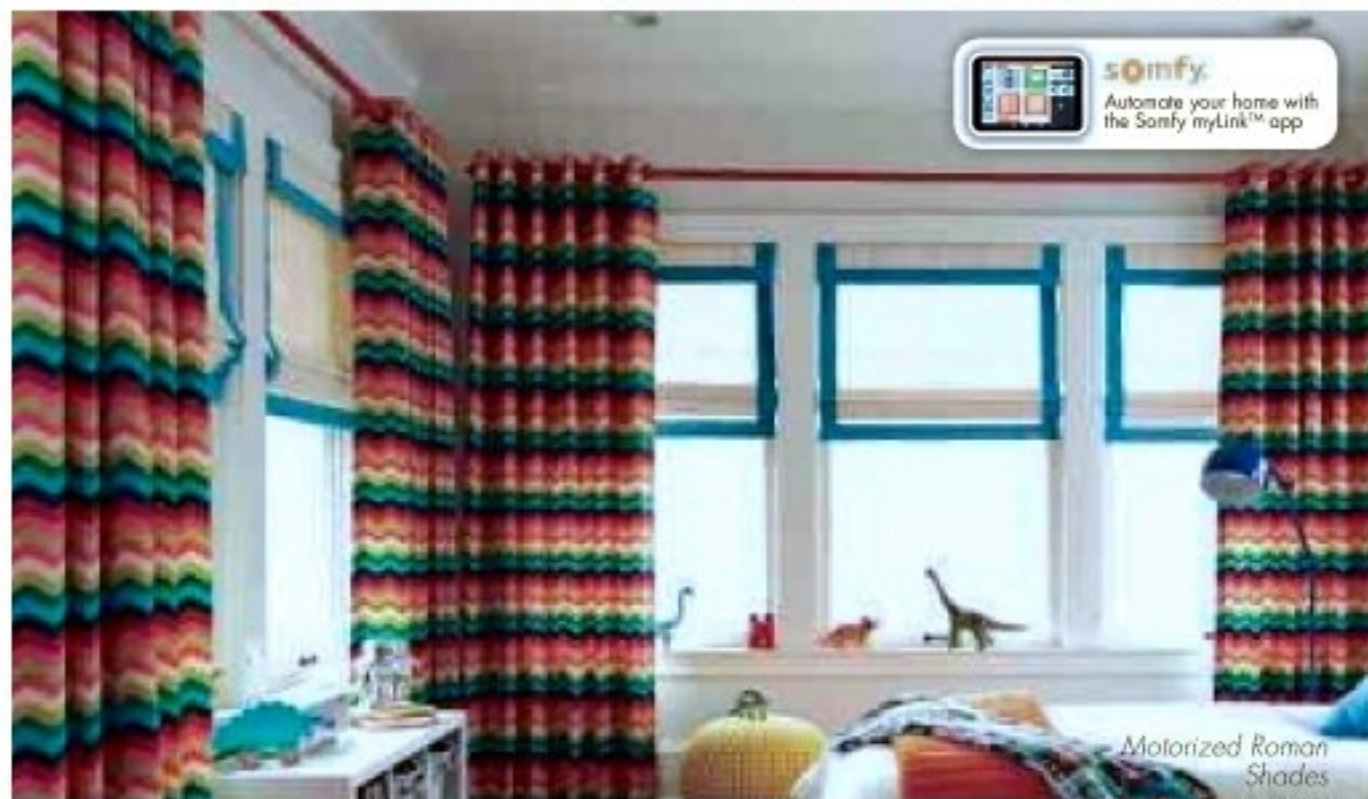
"The possibilities of what we can do to help people with (these programs) are endless."



Some days are harder than others, we're trying to accommodate what we can.

Sundae Nordin

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Alberta's Nathan Fillion is the first guest announced for next year's show. COURTESY CALGARY COMIC EXPO

POP CULTURE

Nathan Fillion to star at Calgary Expo

The Calgary Comic Expo has announced their first guest for the 2017 show.

You can't take the sky from him — Firefly's Nathan Fillion will be appearing at the Calgary Expo next year.

The Alberta native stars on the hit series Castle, but is known widely to geeks and Browncoats as the star of Joss

Whedon's Firefly (and follow-up film Serenity).

Early bird tickets for the show go on sale Nov. 26 at calgaryexpo.com.

For those eager to wet their whistles on comic goodness early, the Calgary Expo Holiday Market takes place Nov. 19 and 20 at the BMO centre.

METRO

CRIMINAL COURT

Top court upholds sex assault conviction

Alberta's top court has upheld the conviction of a man who tortured and starved his roommate six years ago.

Dustin Paxton, now 36, was convicted of aggravated and sexual assault in 2012.

He was also declared a dangerous offender and is serving an indeterminate prison sentence.

Court heard that Paxton humiliated, starved, beat and sexually assaulted his roommate over 18 months while they lived together in both Alberta and Saskatchewan.

The victim was dropped off near death at a Regina hospital in 2010.

The man, who cannot be identified, testified during the trial in Calgary that he suffered a traumatic brain injury from the abuse and can no longer hold a job.

Paxton's lawyers argued the trial judge made errors, showed bias and shouldn't have excluded a defence expert who found the victim's testimony unreliable.

THE CANADIAN PRESS

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#WomenOnBoards

A Metro special focus

Gender parity is just good business, corporations say

DIVERSITY

Female board members aren't so difficult to find: Expert



Ryan Tumilty
Metro | Ottawa

Private corporations that have achieved gender diversity say the change isn't just good for society, it's good for business.

Pamela Jeffery, founder of the Pamela Jeffery Group, which recruits women for seats on private sector boards, said companies find a whole new perspective they have been missing when they broaden their search.

"They are not part of the traditional network, so they are probably coming onto a board and don't know the others at the table," she said. "They come in and they ask the tough questions."

As Metro has reported this week, Canada's Crown corporations, whose board of directors are appointed by the federal cabinet, reveal that about 34 per cent of those seats are now occupied by women.

Jeffery said that's actually a much better representation than is typical on private sector boards.

She points to a survey last year from the Canadian Board Diversity Council that showed about 19.5 per cent of the seats on the boards of the FP 500 are held by women.

"That is a very strong showing and I think it's one that is very important," she said. "The private sector is looking to government to take a leadership role."

Jeffery said there is a wide array of women able to serve on boards when companies decide to make a deliberate effort to diversify.

"It's not a question of supply — it is a question of demand," she said.

"There are many women who have the skills, the experience, the credentials to serve on boards who are not currently serving on boards."

Gail St. Germain, head of human resources and an executive vice-president with HSBC Canada, said the company believes its gender-neutral board



Pamela Jeffery, who specializes in finding qualified women for seats on private sector boards, says there are many women who have the skills, experience and credentials necessary to serve at the top levels of corporations. EDUARDO LIMA/METRO

“

They come in and they ask the tough questions.

Pamela Jeffery, on recruiting female executives

WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag

#WomenOnBoards.

is a tremendous asset.

"We know that diversity in business makes good business," she said. "It's important to represent the communities in which we serve."

The company's current president and CEO, Sandra Stu-

art, was a board member in 2010. St. Germain said at that time the board was 20 per cent women, but it has changed dramatically over the years.

St. Germain said diverse board members bring different ideas to the table and that

helps expand the conversation.

"The diversity of thought and the depth of conversation really takes an outcome to a much more positive and balanced approach," she said.

Jeffery said an organization that wants to make change, including a Crown corporation, has to be willing to look further afield for board members.

She said simply asking for recommendations from the existing board won't work.

"Most board members are male and since most of those board members do not have strong networks that include women it self-perpetuates."

ABOUT THIS SERIES

THIS WEEK Metro looked at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

CANDIDATES

List has 50 'ready to go'

If private boards or Crown corporations are looking to diversify their ranks, there are 50 highly qualified candidates to which they could look, according to a new report.

The Canadian Board Diversity Council released its Diversity 50 list Thursday, which aims to identify 50 qualified professionals that could be added to corporate boards.

Sherri Stevens, the council's owner and CEO, said it's a way to show corporations that the people they need are out there and ready to go.

She said when the group first started talking about the problem they found people needed help looking further afield to find good directors.

"The key issue they kept coming back to was that Canada needed a way of finding potential new directors who weren't in the existing directors' personal and professional networks," she said in an email.

The committee that has been developing the list annually since 2011 looks for people with previous board work and international experience.

Stevens said this year they got an overwhelming response from applicants interested in being on the list.

"Our vision is to expand the awareness of Canada's talent pool, ensuring companies get the most-qualified directors that will make them more globally competitive. The boardrooms in Canada should look like Canada," she said.

The council's last survey in 2015 showed that 19.5 per cent of seats on corporate boards are currently occupied by women. A Metro analysis of Crown corporations showed a slightly higher number, at 34 per cent.

Stevens said it's not just about diversity, either. It's about a company's bottom line.

"Research shows that organizations with diverse leadership teams outperform those without, so working toward such a goal isn't just the 'right' thing to do — it's the smart thing, too."

RYAN TUMILTY/METRO OTTAWA

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The boardrooms in Canada should look like Canada.

Sherri Stevens

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Grégoire-Trudeau pushes gender equality in Cuba

EMPOWERMENT

PM's wife says strong men need to teach boys to respect women

Prime Minister Justin Trudeau's mother Margaret charmed Cubans when she brought her infant son Michel there 40 years ago. It forged lasting family ties between Cuba and the Trudeau family.

A generation later, Trudeau's own wife followed Margaret's steps, but came without her kids, charmed with fluent Spanish and delivered a message of support for gender equality.

Sophie Grégoire-Trudeau said that in countries where the culture is one of "machismo," strong men need to stand up and teach boys to respect women.

She spoke to an audience of mostly women at San Geronimo University in old Havana, among them filmmakers, artists and small-business people,



Sophie Grégoire-Trudeau speaks at a panel discussion on gender equality at the University of San Geronimo in Havana on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

urging them to "speak up" and tell their stories.

Though she speaks fluent Spanish, Grégoire-Trudeau

switched to English, and spoke without notes as a translator tried to keep up.

"The hardest thing to change

in a society is what is considered normal. Is it normal to work, to have babies, be in charge of the household, be caring for aging parents and family members or loved ones? Is it normal to have all those responsibilities on our shoulders? Is it normal to face the daily language of violence towards our bodies, our minds our hearts?" she asked.

"Our boys need to look up at older people around them, especially male figures, to be able to express their full potential and person but that is only possible if they are raised in a culture that celebrates men and women with the same equal rights freedoms and respects."

"In cultures where machismo is very present, we are reminded by amazing men" that many of them are wise, open and capable of loving and respecting women, she said.

"They should be encouraged at a very young age to develop these qualities and this will have an impact on society at large."

TORSTAR NEWS SERVICE

DIPLOMACY

PM attempts to calm fears of U.S. election

Prime Minister Justin Trudeau told a group of Cuban students today that he won't change Canada's stance on Cuba, even though his views are at odds with the man set to lead Canada's biggest trading partner.

When asked about the U.S. embargo on Cuba, the election of Donald Trump and concerns about the future of Canada-Cuba relations, Trudeau tried to calm students in his audience.

The front row also held an unexpected guest: Cuban President Raul Castro.

"For me, election results in the United States won't change the strong relationship that is

a friendship and a partnership between Canada and Cuba," Trudeau said.

Trudeau said Canada doesn't see a contradiction or issue with being a steadfast and unflinching friend to Cuba and being an ally of the United States. He said the foreign affairs stance is one way Canadians reassure themselves "that we are our own country, that we make our own choices."

"We disagree with the approach the United States has taken with Cuba. We think that our approach is much better — of partnership, of collaboration, of engagement," he said.

THE CANADIAN PRESS



Justin Trudeau and Raul Castro shake hands after an event at the University of Havana on Wednesday. SEAN KILPATRICK/THE ASSOCIATED PRESS

COMMERCE

Canada, Mexico talked future of trade

Canada and Mexico reached out to each other while preparing similar public messages last week about being willing to engage U.S. president-elect Donald Trump in discussing amendments to the North American Free Trade Agreement.

Sources say the two governments spoke by phone before Canada made its sudden announcement about NAFTA the day after the U.S. election — comments later

followed by a similar statement from Mexico.

Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto also spoke later in the week, after representatives of their respective governments kept each other abreast of their intentions.

"I don't think anyone (in Mexico) was surprised (by our announcement)," one Canadian official said.

The day after Trump's elec-

tion stunner, the Canadian government said it was ready to talk trade. U.S. ambassador David MacNaughton said every agreement can be improved, so Canada is ready to come to the table with ideas. He even suggested a possible change: adding softwood lumber to the agreement, so that the countries don't continue re-litigating the issue every few years.

Softwood is on the list of things Trump might want ad-

justed in NAFTA, according to a purported transition memo obtained by CNN.

Other issues on the list include currency manipulation, country-of-origin labelling and environmental and safety standards, the memo reportedly says. It also says that on Day 1 of his presidency, according to CNN, Trump will inform Canada and Mexico of his intention to change NAFTA or have it cancelled.

THE CANADIAN PRESS

IRAQ

Canadian hospital to treat Daesh fighters

Canada's top soldier says a Canadian Forces hospital is now up and running in northern Iraq and ready to treat anyone who is brought to it — including Daesh fighters.

Canada promised the hospital in July in advance of the Iraqi military offensive to retake Iraq's second-largest city, Mosul, but it was still not in place when the attack began last month and Canada blamed the Iraqi government for

the delay.

Chief of Defence Staff Gen. Jonathan Vance said this week that the medical facility, which includes three surgeons, started operations in the last few days and will provide medical support to anyone injured, including civilians and enemy combatants.

"We would never deny medical support to any casualty on a battlefield," Vance said.

THE CANADIAN PRESS

FUNDING

Feds approve \$25M for Palestinian agency



Marie-Claude Bibeau
THE CANADIAN PRESS

The federal Liberals are providing \$25 million to a UN relief agency for Palestinian refugees that was cut off by the previous Conservative government for alleged ties to Hamas.

International Development Minister Marie-Claude Bibeau made the announcement at a news conference and also during question period in the House of Commons — news that was greeted by cries of "shame" from the opposition benches.

The United Nations Relief and Works Agency for Palestine Refugees, also known as UNRWA, lost federal funding in 2010 amid allegations it was tied too closely to Hamas, considered a terrorist or-

ganization by Canada and others.

Bibeau says \$20 million will go support education, health and social services for millions of vulnerable Palestinian refugees, as well as urgent humanitarian assistance.

“Millions of Palestinian refugees across the Middle East have the right to receive basic services.”

Minister Marie-Claude Bibeau

An additional \$5 million is being provided in response to the agency's appeal for help for those impacted by the crisis in Syria and its environs.

"I'm horrified," said Conservative foreign affairs critic Peter Kent, who said there is ample proof that "massive amounts" of UN aid have been redirected to support Palestinian military efforts against Israel.

"Millions of Palestinian refugees across the Middle East have the right to receive basic services such as health care and to send their children to school," Bibeau said. THE CANADIAN PRESS

CANADA NEWS

Three people found dead of possible fentanyl overdose

Police in Winnipeg say three people who died of a drug overdose may be victims of fentanyl. Police found bodies of one man and two women inside a home Wednesday, along with a white powder, which police suspect may be fentanyl. THE CANADIAN PRESS

Qila the beluga whale dies

The first beluga whale born in captivity in Canada has died at the Vancouver Aquarium. The facility said 21-year-old Qila's sudden death Monday has left her

mother Aurora adjusting to the change. "We will miss her immensely," the aquarium said in a statement.

THE CANADIAN PRESS

Suicide attack thwarted by Canadian forces in Iraq

Canadian troops destroyed three explosive-laden vehicles with missiles, senior military officials revealed Wednesday. Maj.-Gen. Mike Rouleau, commander of Canadian Special Forces Operations, said the suicide vehicles charging Kurdish lines could have caused "mayhem." THE CANADIAN PRESS



Obama makes plea on final official trip

POLITICS

President urges the world never to give in to isolationism

Standing in democracy's birthplace, President Barack Obama on Wednesday issued a parting plea to world leaders not to let the fear of globalization tugging at Europe and the U.S. pull them away from their core democratic values. He argued it wasn't too late for a course correction.

On his last foreign trip as president, Obama has repeatedly tried to draw lessons from Donald Trump's victory in the U.S. presidential election, hoping it can serve as wakeup call in the U.S. and abroad. Conceding that many feel left behind by globalization, Obama said there was an understandable impulse toward isolationism and that if people feel their futures are at



President Barack Obama walks from the Parthenon during a tour of the Acropolis on Wednesday in Athens. THE ASSOCIATED PRESS

risk, "they'll push back."

"People have to know that they're being heard," Obama said in a speech to the Greek people in Athens. But, he added, "We can't look backward for answers. We have to look forward."

While fewer people in the U.S. are looking to Obama for direction now that his successor has been chosen and his agenda largely rebuked, Obama has retained significant clout abroad.

THE ASSOCIATED PRESS

+ HONOURS

Obama plans to honour 21 people with the nation's highest civilian honour, the Presidential Medal of Freedom, on Tuesday.

- Robert DeNiro
- Cicely Tyson
- Tom Hanks
- Robert Redford
- Kareem Abdul-Jabbar
- Michael Jordan
- Vin Scully
- Ellen DeGeneres
- Diana Ross
- Bruce Springsteen
- Bill and Melinda Gates
- Richard Garwin
- Frank Gehry
- Maya Lin
- Lorne Michaels
- Newt Minow
- Margaret H. Hamilton
- Eduardo Padron
- Elouise Cobell
- Grace Hopper



Left: Tom Hanks urged calm about a Trump presidency. Right: Midwestern State University students march in protest of Trump. THE ASSOCIATED PRESS

Donald Digest A roundup of news about the president-elect

It's all smooth sailing

Trump and his team on Wednesday vigorously rejected charges of turmoil and infighting roiling efforts to set up his White House teams, saying the enormous endeavour was proceeding "so smoothly." AP

The gold standard

A backlash is brewing against Trump's daughter Ivanka because a \$10,800 accessory her fashion company makes was turned into marketing fodder a day after she sported a version of the piece on



60 Minutes. TORSTAR

Hanks a lot, Tom

During an acceptance speech for a tribute to his career on Tuesday, Tom Hanks offered a simple post-election message: "We are going to be all right," he said. "America has been in worse places than we are at right now." TORSTAR

Students still riled up

College students at campuses around the U.S. rallied Wednesday, urging administrators to protect students and employees against immigration action under a Trump presidency. AP

IN BRIEF

Oxford names 'post-truth' the word of the year
Oxford dictionary editors have chosen their word of the year: "post-truth," a term sometimes used to describe the current political climate.

Oxford Dictionaries said Wednesday that use of the term rose 2,000 per cent between 2015 and 2016.

It's often used in the phrase "post-truth politics" and is defined as belonging to a time in which truth is irrelevant. THE ASSOCIATED PRESS

SPACE

Fifty-six-year-old astronaut will be oldest woman in orbit

NASA astronaut Peggy Whitson is on the verge of becoming the oldest woman in space, adding to her long list of barrier-breaking records.

Whitson will be 56 when she rockets off the planet Thursday. She'll celebrate her 57th birthday in February on the International Space Station.

That's a far cry from John Glenn's space shuttle flight at age 77 and a few years shy of the male runners-up. But it's



Peggy Whitson AP

enough to beat Barbara Morgan's record as the world's oldest spacewoman at 55.

This will be the third space station mission for Whitson, an Iowa-born biochemist, and her second stint as commander.

Whitson was the first woman to serve as commander of the space station — in 2007, nine years into its lifetime. She was the first and so far only woman to head NASA's male-dominated astronaut corps. No other woman has spent more time in space.

THE ASSOCIATED PRESS

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Dana Funk

Take notice that on the **7th day of December 2016 at 9:30 am**, at **Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **May 12, 2016**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director: You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR PERMANENT GUARDIANSHIP ORDER TO:

Morgan Rouse

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metr VIEWS

Your essential daily news

Thursday, November 17, 2016



CHANTAL HÉBERT ON FOREIGN POLICY IN THE TRUMP ERA



The questions raised by the imminent changing of the guard at the White House go well beyond whether governments such as Trudeau's can find common ground with conservatives

One can run but not hide from the aftershocks of Donald Trump's presidential victory.

Prime Minister Justin Trudeau is finding that out first hand this week as his first trip outside Canada since the American election turns into a damage-assessment mission.

It is a testimony to the magnitude of the shift in the tectonic plates brought about by the U.S. outcome that there is not an international forum and precious few of the world's capitals that is not scrambling to pick up the post-election pieces.

The questions raised by the imminent changing of the guard at the White House go well beyond the narrow scope of whether progressive governments such as Trudeau's can find productive common ground with a conservative president.

Cuba was the first stop on the PM's itinerary this week. Until the U.S. vote, the prime minister might have expected to find some lingering buzz from President Barack Obama's historical visit to the island last spring. It was part of a thaw in the relationship between Cuba and the U.S.

But in Havana, excitement has given way to trepidation. Uncertainty as to whether Trump will follow up on his predecessor's overtures has replaced momentum. On the campaign trail, the president-elect blasted Obama's visit to

Cuba.

Later this week Trudeau will land in Peru for the annual Asia-Pacific Economic Policy (APEC) summit. The organization's 12 member countries recently negotiated the Trans-

in the White House will not diminish the political will to act in concert on climate change. Time will tell whether they are whistling past the graveyard.

A pivotal part of the infra-

But more than a few policy tenets close to the heart of past Conservative governments are equally on the line. Think of NAFTA — the brainchild of Brian Mulroney's Tory governments — but also of the moribund TPP. It was negotiated on the watch of the previous federal government. The final deal was arrived at in the heat of the last federal campaign.

Under Stephen Harper, Canada took credit for playing host to the secret meetings that led to the U.S.-Cuba rapprochement.

The Conservatives set the climate-change targets that Trudeau is seeking to achieve as part of the obligations Canada contracted under the Paris agreement.

One of the distinguishing features of Harper's foreign-policy doctrine was his strong stance against Vladimir Putin's military goals. Trudeau's Latvia deployment fits into that doctrine, as does the ratification by the Liberals of the Canada-Ukraine free trade agreement initially negotiated under the Conservatives.

And then, what would Harper — as a staunch champion of Israel — have made of the anti-Semitic undertones of some of the rhetoric of Trump's campaign?

On Wednesday, interim Conservative leader Rona Ambrose offered her caucus a few positive thoughts about Trump's victory. But when all is said and done, the president-elect poses a greater threat to Harper's trade- and foreign-policy legacy than Trudeau ever did.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.



WHEN IT HITS YOU THAT EVERYTHING'S CHANGED Cuban President Raul Castro and Prime Minister Justin Trudeau listen to a lecture at the Havana University on Wednesday. GETTY IMAGES

Pacific Partnership. But the American election has sapped the impetus for the ratification of the massive free-trade agreement. Last week, president Obama formally abandoned plans to submit the deal to Congress for ratification before the end of his term in January. Trump wants no part of the TPP.

The president-elect's shadow loomed large over this week's international climate-change summit (COP22) in Morocco. In theory, its participants had good reasons to celebrate. Propelled by international support, the global climate agreement struck in Paris last year has come into effect years earlier than expected.

The accord's signatories — including Canada — argue that the changing of the guard

structure of the Paris accord was an alliance between China and the U.S. They jointly agreed to a reduction in their carbon emissions. But Trump is not expected to hold the American side of the bargain.

On the heels of the U.S. election, Trudeau reaffirmed Canada's intention to lead a military deployment in Latvia as part of NATO's latest strategy to deter Russia. In Moscow, Trump's victory has been interpreted as an encouraging sign that could lead to NATO being forced to reconsider the deployment.

A bit more than a week after Trump's victory, it has already become conventional wisdom that his installation in the White House will at least complicate if not derail Trudeau's Liberal agenda. There is truth in that.

VICKY MOCHAMA

When the right wing BLASTS COOL R&B, we owe it to them to listen

The most compelling event in politics right now isn't happening inside Trump Tower. It's the Conservative Party's leadership race.

Of course, the prime minister is still doing cool, young stuff like a fall reading-week trip to Cuba and begging for foreign-investment dollars. But, more riveting, the Opposition is figuring out who among a wide field of relative unknowns should lead them.

There are 12 candidates, i.e., enough players for a Canadian football team. The field is a who's-who of people one might remember and people who have Wikipedia pages. There are so many contenders that I came up with a mnemonic: BLASTS COOL R&B (Bernier, Lindsay, Alexander, Saxton, Trost, Scheer, Chong, Obhrai, O'Toole, Leitch, Raitt & Blaney).

Just because it's not about famous names that doesn't mean it should be underrated. This is the first chance to truly hear vision and ideas from Conservatives who were swept under by the decade-plus of Harper's leadership.

At last week's debate in Saskatoon, each candidate's 40-second speaking limit meant that they could only say a sentence or two on topics like immigration and free trade, so it often sounded more like a fast-paced brainstorming session than an argument. But there is genuine disagreement. At a Sunday event in Greely, Ont., Michael Chong was booed for suggesting that climate change is real, while Brad Trost was applauded after

saying, "I don't believe climate change is a real threat."

Still, were it not for one element, the race would seem like a student-government election at a fancy prep school: well funded and appropriately aggressive, with all in agreement that the current headmaster is not for them. But the spectre of global populism hangs over the race.

The clear populist candidate is Kellie Leitch, a trained orthopaedic surgeon who rails against "elites." Her campaign blamed a possible break-in at her house on "the left." Most notoriously, she has proposed a Canadian-values test for immigrants and vowed to bring Donald Trump-style politics to Canada. Leitch lacks Trump's presentational verve, but she may have her finger on the pulse. Some Liberals, fearing the worst, are registering with the Conservative party to vote for anyone but her.

In 2004, following the Canadian Alliance's merger with the Progressive Conservatives, the new Conservative party had only three contenders for leader: future Instagram star Tony Clement, noted floor-crosser Belinda Stronach and Master of the Dark Arts himself, Stephen Harper.

Before you tweet me, I mean to compliment Steve for having united Canada's heterogeneous right-of-centre movement and convinced it to speak with a single voice (his). But the other voices didn't disappear. And now, out of Harper's shadow, 12 visions are coming from a party that used to provide only one.

It has already become conventional wisdom that Trump's win could derail Trudeau's Liberal agenda. There is truth in that.



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Lingerie that's not about sex

INTERVIEW

Reframing the conversation from a French point of view

Amber Shortt
For Metro Canada



When Toronto's Kathryn Kemp-Griffin went to buy her first bra, the message from lingerie ads was clear: wear this, get laid.

"I remember growing up thinking it was all about purpose," says the author, who now also runs lingerie-themed tours of Paris. "What do I put on if I don't want to get laid? I don't really know what that means at 13."

She found in North America the conversation circled further around function: lift this, slim that, two-for-one deals, back fat. Comfort was an excuse for a lack of aesthetics, she says.

But after moving to Paris with her husband in 1990 — in a frayed pair of Jockeys — she started to believe lingerie could be something more.

"There's a difference in language when the French were talking about lingerie versus when North Americans were talking about lingerie," says Kemp-Griffin, who was in Toronto recently to promote her new book, *Paris Undressed: The Secrets of French Lingerie*.



Friends Lena Dunham and Jemima Kirke appeared in an untouched-up ad campaign for Lonely. In *Paris Undressed*, author Kathryn Kemp-Griffin says lingerie should be about activating the senses, not fixing perceived flaws. ZARA MIRKIN & HARRY WERE / COURTESY OF LONELY

In the book, Kemp-Griffin essentially offers a mindfulness guide to wearing lingerie the French way. She tells readers how to take a Marie Kondo-like approach to their underwear drawer (though Step 1 is to call it lingerie, not underwear). Toss wince-inducing pieces, she instructs. Then, buy a flower in your favourite colour, and a bra to match. "Notice that there are no flowers in beige!" she writes.

Throughout the book, she explains the history of lingerie — highlighting the lost one-on-one conversations with seamstresses to mass marketing and standardized sizing — and asks readers to more closely consider fabrics, such as the feel of silk and the detailed construction of lace.

The idea is lingerie should be about activating the senses, not fixing perceived flaws, she says.

"When you watch all the designers ... they're always slipping their hands underneath. That's where you see the opacity, that's where you see the light, that's where you see the transparency, that's where you see how the fabric plays with the skin, and you see the skin as the composition," says Kemp-Griffin. "By the time the product gets made and marketing gets slammed on, all the different slogans,

GARTER BELTS

Ideal fit for wintertime

Kathryn Kemp-Griffin may be able to convince the North American woman to get rid of beige T-shirt bras, but can she convince her to try a garter belt?

"I think I can get her to try them on," she says, noting cold Canadian winters may be the ideal climate.

Kemp-Griffin, who recommends donning the more secure six-strap, rather than the pin-up-y four, says they can be handy under a pair of jeans when you're also bundled in a parka.

"It's nice not to have all those different layers above," she says.

AMBER SHORTT/FOR METRO

all the rest, they've lost the dream, the textures."

And Kemp-Griffin knows about the importance of the dream. She moved to Paris at the flip of a coin (the alternative was San Francisco) and says there's something about being in a new place, and seeing the juxtaposition to home, that can help one find a new perspective.

But no matter where we are, it's hard to leave long-built

anxieties behind, she says.

"We can not get away from our own individual upbringing, our religion, what mom said, what our sister said, what a good boyfriend said, what a rotten boyfriend said," she says. "It all gets wrapped into this poor little bra."

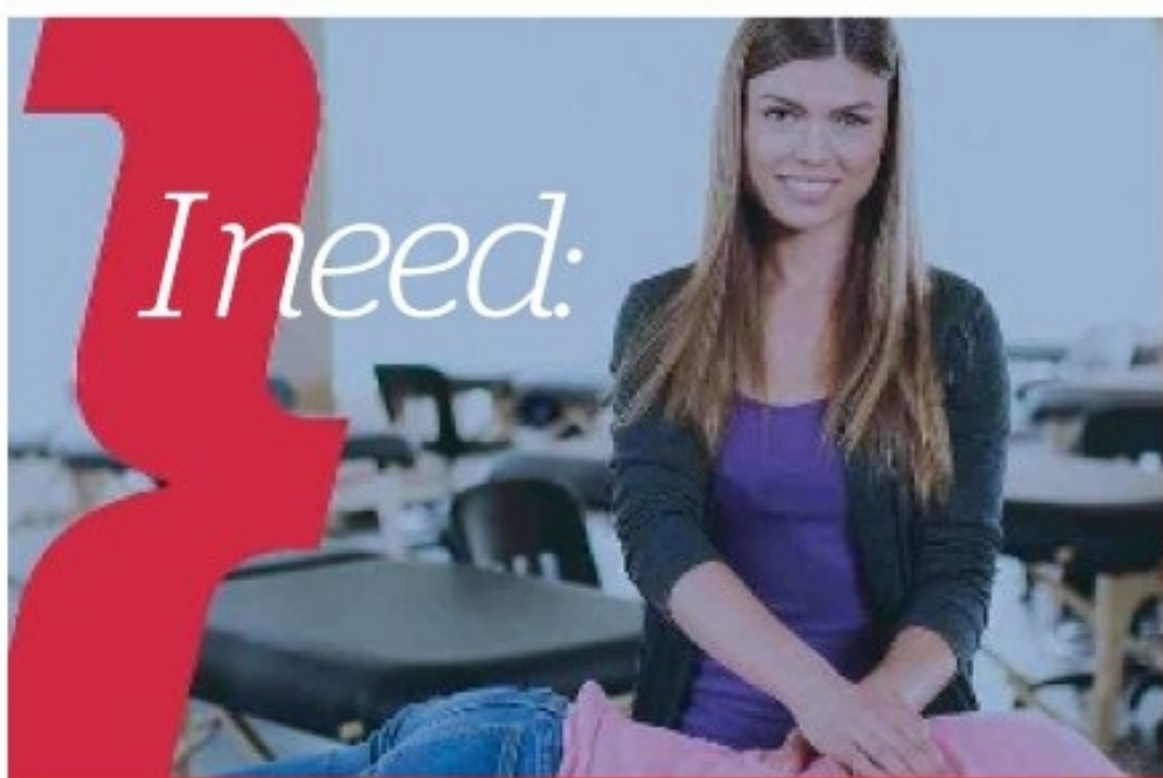
She sees it in the women who come on her lingerie tours: At Le Bon Marche department store, when the women are trying on lingerie, she says she often has to tell them to turn around and face the mirror instead of facing her, waiting for her opinion.

"Sexy, seduction, sexuality, sensuality: there's all these words we sort of know the dictionary definition of, but nobody ever asked what they mean to us."

And though those words come up plenty in the book, with bonus erotica recommendations and instructions for making your own tassels, one thing is noticeably absent: a sexual partner.

"I wrote (the book) for women, I wrote it for any women who have had any inkling that there's more to it than that," says Kemp-Griffin.

And in a year that saw women embracing a bra-free movement, plus-size model Ashley Graham walking the runway in her own lingerie collection, and Lena Dunham being featured in an untouched-up Lonely Label ad campaign, it seems women in North America are ready to reframe the conversation around lingerie as well.



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Sali Hughes is the author of *Pretty Iconic*, a book about beauty products that changed lives. BERNARD WEIL/TORSTAR NEWS SERVICE

All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s— close up. Sali Hughes



GOSSIP BRIEFS

Carrie Fisher reveals 1970s affair with Harrison Ford

It seems Princess Leia's romance with Han Solo in *Star Wars* extended off-screen. Carrie Fisher tells *People* magazine she enjoyed an "intense" affair with Harrison Ford during the filming of the 1977 movie. Fisher was 19 and Ford was 33 and married at the time. She writes of the three-month affair in her book *The Princess Diarist*. THE ASSOCIATED PRESS

Unfiltered beauty talk

INTERVIEW

Products that have changed the game

Sali Hughes knows there is more to beauty than a million Instagrammers trying to look like Kim Kardashian.

As the *Guardian* newspaper's beauty columnist and author of the website salihughesbeauty.com, Hughes, 41, is known for her discerning taste, down-to-earth approach to beauty and for her unfiltered straight-talk.

Here, the U.K.-based author chats about her new book, *Pretty Iconic*, (\$34.99, Fourth Estate).

How did you decide what went in the book?

A product either had to have changed the beauty industry, or changed women's lives. Or changed my life, personally.

What makes a product iconic?

If you look at something like Chanel No. 5, even people who have no interest in beauty still know that that is Chanel No. 5. Other things are iconic because they absolutely changed the course of beauty.

Some people see beauty products as frivolous. Why does a book like this matter? Beauty products are the tools that help us project what we want to the world. That's a really intimate and powerful thing.

What's an overrated trend you're seeing right now? I could live without seeing

more contouring. I feel a little bit sad that young women feel they have to change the shape of their heads. It's too much. I would like people to embrace their differences instead of all trying to look like Kim Kardashian. That's like saying only one kind of flower is beautiful. All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s-t close up.

Say there's a young woman looking to invest in makeup products, where would you recommend she start?

If you are on a budget ... spend on foundation and perfume.

When did you figure out what products worked for you?

I was born with a skin condition called Ichthyosis and it makes your skin dry and scaly. I was really bullied at school. I became obsessed with figuring out ways I could make it better. The dermatologist would prescribe this really thick medicinal cream. I would mix salt in with creams and make scrubs. The dermatologists discharged me at 11 years old because they couldn't believe the improvement.

Did that skin condition influence where you are today?

It changed my life. My mum left when I was a baby so ... I was in a completely male household. Probably I would have always craved the feminine stuff — I would have always loved makeup — but I think the Ichthyosis made my obsession a 360 degree one.

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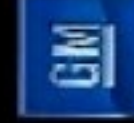


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GRAPHIC NOVEL

Documenting an icon of Can-comics

Seth's Dominion

By: Luc Chamberland (director of documentary); Seth (creator of comics)

Publisher: Drawn and Quarterly \$22.95; 41 minutes and 80 pages

Mike Donachie
Metro | Canada

This one is cheating, because it's not really a comic book, except that it is.

Seth's Dominion is the documentary portrait of Seth, Canada's sartorial savant of comic books and so much more. Like him, it is fabulous.

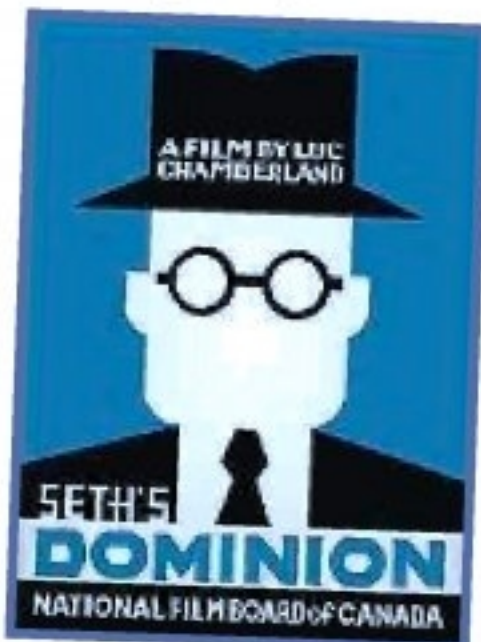
Chamberland and the National Film Board of Canada created a charming biography of the Guelph, Ont. artist in 2014. It's full of interviews, animation, extras, insights into his technique, mindset and unrelenting creativity, and painful honesty about his experiences.

But this is Seth, the man who couldn't just set a comic book in the fictional city of

Dominion; he had to make dozens of model buildings, too. So this new DVD release comes in a beautiful hardback book that's reversible.

One side features sketches and extracts from Seth's wonderful comic books, including Wimbledon Green, and It's A Good Life, If You Don't Weaken. Flip the book over and there's a photo essay of Seth's life.

And in a little pocket is the DVD. It's just delightful.



BOOK BRIEF

Atwood, Boyden face backlash over UBC letter

A rift in Canada's literary community is forming after dozens of prominent authors signed an open letter that called for an independent investigation into the University of British Columbia's decision to fire Steven Galloway. An on-line backlash has erupted over the letter, with both those who filed complaints against Galloway and outside observers expressing concerns that those who signed the letter are rallying around one of their own while silencing those who spoke out against him.

Margaret Atwood is among several authors who signed the letter and faced a barrage of criticism from young female writers on Twitter. Life of Pi author Yann Martel, who signed the letter written by Joseph Boyden, says in an email he would have worded the letter differently, but the goal was to express concern that the process followed by UBC did not appear to be fair to either Galloway or the complainants.

THE CANADIAN PRESS

Refugee tragedy told through child's eyes

HISTORICAL NOVEL

Story of 1939 St. Louis liner compares to today's crises

Sue Carter
For Metro Canada

Armando Lucas Correa was only about 10 years old when his grandmother first told him about the St. Louis, a transatlantic luxury liner that, in May 1939, carried 937 passengers, mostly Jewish refugees, to safety in Havana.

Correa's grandmother — the child of Spanish immigrants — was pregnant with his mother at the time, when the Cuban government, which had guaranteed a safe home to the travellers, broke its promise and only allowed 28 refugees to remain on the island, despite the fact that each had paid a \$150 fee to disembark.

The ship captain desperately tried to find a new port to land, but both Canada and the U.S. turned the group away, and hundreds were ultimately forced to return to Germany to their ultimate deaths.

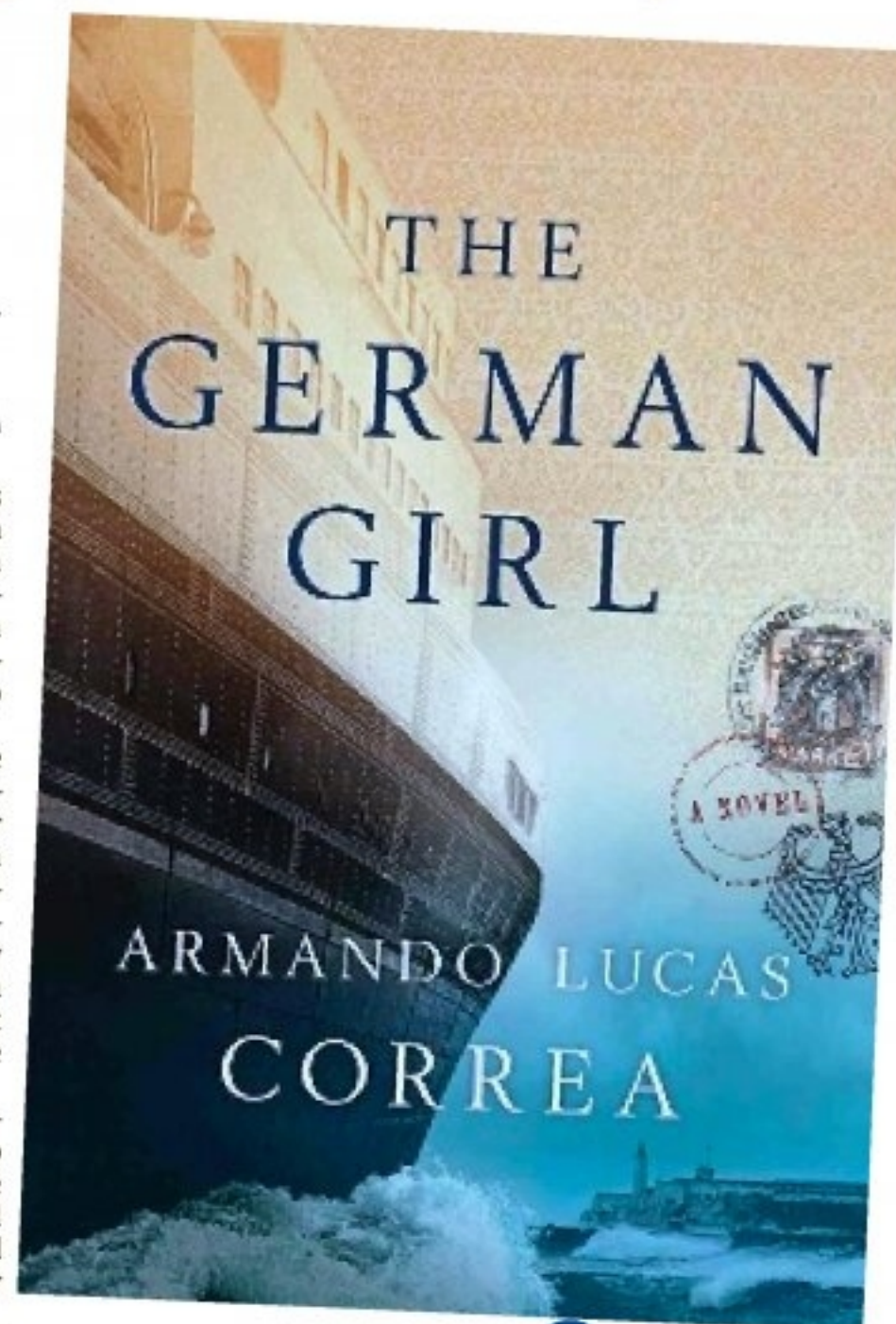
"I think it hit her very hard when the Cuban government denied them entrance," says Correa, who is the New York-based editor of People en Español. "She would say that Cuba would pay for the next 100 years for what they did to the refugees."

The story continued to haunt Correa as well, and served as inspiration for his debut historical novel, *The German Girl*, about a family separated by the event and its lingering impact on future generations.

"When I was writing the book I was thinking about myself, the father of three children," he says. "If I was in the same situation, I wouldn't know what to do or how to survive. I think this is a lesson for everybody."

The *German Girl* is told from the perspective of Hannah Rosenthal, an energetic, curious 11-year-old who flees her home in Berlin, accompanied by her parents and her best friend, Leo, and his family. It's six months after Kristallnacht, or the "night of falling glass," when violent riots instigated by the Nazis broke out in the city, and many Jewish businesses and synagogues were burned down.

The story spans 70 years to a future tragedy, when Hannah meets her great-niece, Anna Rosen, whose father disappeared on 9/11.



“Humans — as part of our DNA — we reject and we're afraid of 'the other.' People with another skin colour; people who have another god, or have other beliefs.”

Author Armando Lucas Correa

Hannah's voice came to Correa via his daughter Emma, who is the same age as his young protagonist. He hopes the authenticity will connect with empathetic readers. "This is a tragedy; 937 refugees were denied entrance," he says. "But I wanted to talk about Hannah Rosenthal. I wanted to get in her head. She is a human being; I didn't want to talk about the numbers."

Correa also observed that the story has a disturbing similarity to reactions and responses to current refugee crises, such as the millions of displaced Syrians seeking asylum around the world. "The tragedy of the St. Louis, you can see it today," he says. "The reason is that humans — as part of our DNA — we reject and we're afraid of 'the other.' People with another skin colour; people who have another god, or have other beliefs. We

have to fight against that."

Although he was more concerned with developing a relatable protagonist, Correa backed up his narrative with plenty of factual research, digging through books and thousands of pages of archival materials at the Holocaust Memorial Museum in Washington, D.C.

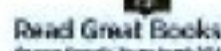
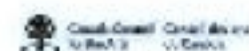
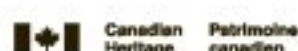
He also included the ship's manifesto at the back of *The German Girl*, documenting the 937 passenger names. One of those on the list is Ana María Gordon, a Toronto-based 81-year-old survivor of the St. Louis, who shared her personal memories and thoughts with Correa. "Ana María is a strong woman," he says. "She said, 'We can forgive but never forget.' This is the main lesson."

Sue Carter is the editor at Quill & Quire magazine.

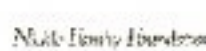
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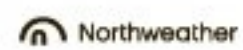
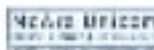


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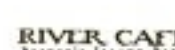
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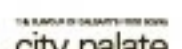
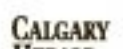


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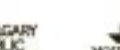
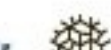


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JOHANNA SCHNELLER
WHAT I'M WATCHING

Shelf life on school drama

THE SHOW: *This Is High School*, Season 1, Episode 6

THE MOMENT: The post-election wrap-up

In this doc series, we are now in the last days of senior year at South Kamloops Secondary School. This week, the 50 cameras mounted around the building are focused on Anthony and Jared, two clearly bright, socially awkward best friends, both vying to be valedictorian against a handful of more popular kids.

"I'm a fan of musical theatre and I always like things to finish with a bang," explains Jared, the more ironic one.

"Vigorous jazz hands," says Anthony, the sincerer one. They crack up.

Neither wins (a cool dude does). Anthony's disappointed. "You get all this good feedback, but it feels wasted," he says. He hoped that being valedictorian would make him feel like he played a tangible part in high school life.

"Let's be honest," Jared consoles him. "You won't ever look back on high school life. You'll just take off and keep going."

Ah, Jared, you are wise beyond your years. This series is as earnest as Anthony. It finds individual dramas and creates mini-arcs: Will the aboriginal girl with a complicated home life get the 73 in English she needs to pursue her dream at university? Will casting the shy new boy in Macbeth help him come out of his shell?

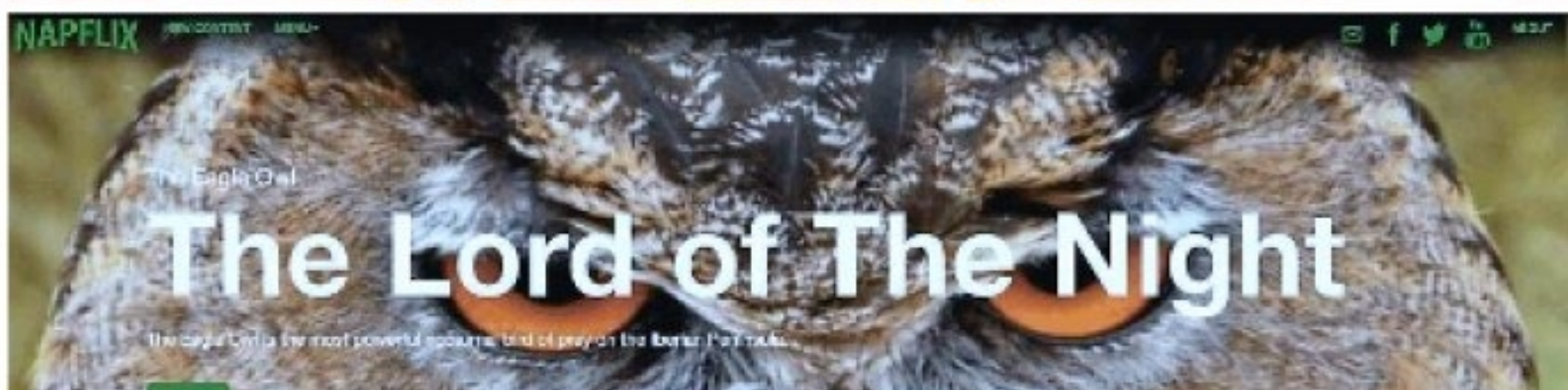
But the underlying truth is, everything that happens in high school is dramatic to the kids, but only some of it matters. Most of the drama fades like a grad photo in the sun. This series would be richer if it acknowledged that more.

This Is High School aired on CBC. Past episodes can be streamed at <http://watch.cbc.ca>.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Jared, a student featured on *This Is High School*, had the right idea according to Johanna Schneller when he said, "You won't ever look back on high school life." CONTRIBUTED



Napflix describes itself on its site as 'a video platform where you can find the most silent and sleepy content selection to relax your brain and easily fall asleep.' SCREENSHOT/ISTOCK

Bored yet? Napflix aims to make you sleep faster

STREAMING

From sheep to curling, film fare to relax your brain

Love TV? Have trouble sleeping?

Perhaps you should check out Napflix.com, a collection of intentionally soothing/bor-

ing films and videos culled from YouTube.

The free service is the work of two advertising workers from Spain, the home of the siesta.

Napflix describes itself on its site as "a video platform where you can find the most silent and sleepy content selection to relax your brain and easily fall asleep."

The zzz-inducing fare includes chickens on a rotis-

serie at Swiss Chalet, sheep (circa 1954), rain on a window, candles burning and real-time chess.

For Canadian content, there's men's curling, although that has been blocked out for Canada. Surprisingly, there are no debates on the future of the Canadian Senate.

Some of the Napflix offerings are clearly parodies, like one on forgotten stamps.

Others are unintentionally pulse stopping, like a BBC documentary on the life of pandas or another BBC effort on Einstein for the masses.

A few are probably thrill inducing to a few folks at Mensa while they'd make the rest of us drop from boredom. They include a documentary on quantum theory and a masterclass lecture on Klingon grammar.

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MEET THE CONDO



CRANSTON RIDGE

Rocky Mountain views

CONTRIBUTED

Project overview

Cranston Ridge is a condo and townhome development in the established southeast community of Cranston, featuring large windows and high ceilings at a great price. There are five different Showsuites now open with quick possessions available.

Housing amenities

Cranston sits on the edge of one of the city's most beautiful parks and natural areas — Fish Creek Park. The development includes a large private courtyard, beautiful mountain views, and underground parking. This condo project also features a premium sound attenuation system with light-weight concrete.

Location and transit

Scenic Rocky Mountain and valley views highlight this condo project just minutes from Deerfoot Trail and Stoney Trail for quick access to downtown Calgary or the Rocky Mountains. There are a number of public transit options available as well.

In the neighbourhood

With Fish Creek park just moments away, there is quick access to pathways and parks that take you to 360 acres of green space. Cranston has schools for all ages and is minutes away from the South Health Campus, shops and services.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Cranston Ridge
Builder: Cardel Lifestyles
Architect: NORR
Location: Cranston in South-east Calgary
Building: A four-storey condo building with 48 units
Sizes: 897 sq. ft.
Pricing: Between \$259,000 and \$299,900

Suites: Fully upgraded two bedroom, two bathroom units
Status: Move-in ready
Sales Centre: 522 Cranford Dr. S.E.
Hours: Mon to Thurs 2 to 8 pm., Sat and Sun 12 to 5 p.m.
Phone: 403-457-2670
Website: cardelcondos.com

REAL ESTATE

What's hot on the real estate market in Calgary

1 PRE-SELLING

STEPS in Bridgeland: This collaborative project is designed by award-winning architect Jeremy Sturgess and is set to transform the landscape of Bridgeland with its 122 contemporary townhouses. Visit the Discovery Centre at 921 -1st Ave N.E.

2 STILL SELLING

Park Point Qualex: Local paths, transit, many Car2Go options and a nearby Plus15 skywalk conveniently connects you with any destination from this inner city condo project. Check out the Park Point Discovery Centre at 301-11th Ave. S.W.

3 REGISTER TODAY

Brooklyn Townhomes by Trico Communities: With the Sales Centre set to open this year, people are encouraged to register now for this exciting upcoming project that will be located along 14 St. S.W. between 26th Ave. and 17th Ave. S.W.

KRISTA SYLVESTER/FOR METRO



Holiday decor with a soft touch

TRENDS

This season think furry, fuzzy, fluffy

This season, faux furs, wools and other softly textured materials are giving holiday decor a cozy, festive feel.

The trend was prominent at this fall's Maison et Objet trade show in Paris. Booths were populated with winsome, appliqued, felt people and animals. Glamorous, jewel-toned feather trees dressed up tabletops. There were furry pillows printed with wildlife photos or embellished with metallic threads, sequins and pearls.

"That natural, organic, homespun feeling was all over the runways and it's trending at home, too," says New York designer Elaine Griffin. "For holiday, it manifests as an emphasis on bringing the outdoors in — think stylish, simple-chic arrangements of branches, leaves, berries, pine cones and moss — coupled with cozy, textured, wintry textiles like felt, faux fur and chenille."

There's a lot of versatility in these materials because faux fur,

brushed wool, hides, and even velvet or feathers can say "winter cabin" as easily as "luxury suite." It's all in how you incorporate other style elements.

Emily Henderson, host of HGTV's "Secrets from a Stylist" and a Target home-style expert, is also a fan.

"Yarn and wovens are two of my favourites — they make a space feel extra warm and welcoming, which is what the holidays are all about," she says.

Little cone trees wrapped in cream-colored yarn, from Target's Threshold holiday collection, make a cozy tablescape. Here too are felted wool deer, bears and snowmen ready to create an arboreal winter woodland. A photo-printed stag on a soft,



That natural, organic, homespun feeling was all over the runways and it's trending at home, too.

Elaine Griffin

velvety throw pillow makes for a welcoming accessory. Restoration Hardware's felt stocking garland is a different take on the advent calendar. And there are plushy gift bags and stockings in faux mink, coyote or wolf fur.

At Z Gallerie, long-haired faux fur runners, tree skirts and wine bags come in cream or grey. Frontgate has Christmas stockings crafted of sumptuous coral or burgundy velvet and Grandin Road has a collection of hooked wool pillows with whimsical images of moose, cardinals, foxes and various canines sporting holiday garb.

A faux fur throw that looks like pheasant feathers could be repurposed as a glamorous tree skirt.

Or get creative with five feet of chocolate-y brown faux fur trim, from New Orleans-based

ribbon designer Donna Stevens. It could edge a mirror, wrap a gift or garland a tree, perhaps.

Children and nature lovers might enjoy Pier 1's whimsical stockings embroidered with owls or squirrels and embellished with a faux fur collar, wing and tail. Red and white felt snowflakes come in garland or placemat form.

Another nice thing about this trend is that it isn't limited to Christmas; if you're celebrating Hanukkah, you can easily incorporate some blues and silvers. Or if you just want to celebrate winter, you're good to go.

H&M Home has sets of white,

faux-fur balls on gold ribbons, and black or white feathers nestled in clear glass ornaments on silvery loops.

Cone trees cloaked in feathers make pretty "evergreens" with their long silky fringes. Grandin Road has a bright, emerald-green one, while AllModern offers a smoky grey version.

Wisteria has a collection of fun, furry round pillows that look like giant snowballs; set a pile of them around an indoor evergreen or toss them in the playroom for faux snowball fights. A wreath studded with fuzzy cotton balls would complement a rustic display.

Soft little "snowballs" festoon a wreath at CB2. A cozy, winter-white acrylic throw at Crate & Barrel is shot through with silvery threads. And there's an array of co-ordinating throw pillows to go with it.

THE ASSOCIATED PRESS



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METRO SPACES



ISTOCK

How to get professional design advice for free

Choosing a new floor is a life decision. If it's good, it's going to stick around for decades.

That's why talking to a designer is an important step when you're renovating, according to Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

The company does design consulting for every customer who requests it — from builders of major housing developments to individuals who are redoing their kitchens.

"Our two designers are always at our showroom and they'll sit down with you and help you select materials that will work best in your space," says Sangster. "We'll work with you on your kitchen, your bathrooms, your backsplash, your countertops. We'll put colours together in a palette for you." The art is in the details, says Sangster. Renovators should know, for instance, that adding taller baseboards is one inexpensive way to add a quality look to new flooring. "Usually the builder-grade baseboards

are cheaper and three inches wide, but if you replace those with baseboards that are four or five inches, you can make it look really nice."

The experienced team at Calgary Flooring Designs has done design work for renovations in high-end homes and building developments across Calgary, but they're far from exclusive. Anyone from builders, to property managers to renovators can pay them a visit at the Calgary Flooring Designs showroom. "Anything that you need doing, we'll do," says Sangster.

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THE HOLIDAYS

There's no better time for DIY projects

Making your own ornaments and decorations for the holidays has its own rewards — the need to create is strong in many of us — but it feels particularly good to dig out your art supplies at this time of year.

"At the heart of it, this is what Christmas means to me — passing along warmth, memories, tradition, stories and so much more," says Bob Richter author of *A Very Vintage Christmas* (Rowman & Littlefield).

Richter keeps his childhood memories alive by decorating with vintage ornaments, some of which he received as a small child from relatives. Each delicate piece evokes a memory.

"As my grandmother grew older, she took pleasure in letting me decorate her tree, and I have many happy memories of doing it," Richter reminisces in his book.

"Now one of my favourite and most treasured ornaments is her favourite Santa Claus. Each year when I hang him on my tree, I think of her and smile."

Our children's handmade ornaments — perhaps incorporating a tiny handprint, a school photo or the year of its making — evoke similar sentiments every holiday season.

"Especially in this culture of time-pressed, technology-obsessed and often distracted people, I think it's more important than ever to pass along the things that really connect us," says Richter. "And Christmas



These ornaments can be crafted using simple items around the house, such as toothpicks, yarn and cinnamon sticks. Crafting ornaments gives families an activity to do together and provides ornaments that may become next year's treasures.

ERIKA LAPRESTO/WOMAN'S DAY VIA THE ASSOCIATED PRESS

does that."

From the December/January pages of *Woman's Day* magazine come a few ornaments that evoke holidays past. These crafts require just the simplest of materials, such as toothpicks, yarn and wooden clothespins.

Especially when little glue-sticky fingers are at work, these crafts could become next year's treasures.

Knit bauble

"The ball ornament is the most recognizable orna-

ment at Christmastime," says *Woman's Day* lifestyle director Taryn Mohrman. "You can use one that's a little chipped with a bit of yarn, you can turn it into something that evokes soft and cozy, and adds warmth to your tree."

Remove the metal top from a plain ball ornament. Hold two colours of yarn together and hot-glue them inside the opening of the ornament. Once dry, wrap both strands around the ornament to cover it completely; use hot glue to secure as you go.

Then apply red acrylic paint to the balls of two rock candy sticks, and trim the ends into points using scissors. Once dry, thread these "knitting needles" through the yarn on the ornament and replace the metal top.

Sweet scented tree

"These ornaments make great gift toppers," says Mohrman.

Bend a nine-centimetre piece of naturally coiled wrapped wire, available at crafts stores, in half to form a loop, and then gently push each end into the

hollow part of a cinnamon stick. Use hot glue to attach cut sprigs of fresh rosemary for branches and small gems for ornaments.

Sparkling starburst

This ornament "is about the metallic, the glitter and the shine," says Mohrman.

Carefully push whole and halved toothpicks into a four centimetre foam ball, and then apply one or two coats of silver spray paint. While the ornament's still wet, dust fine silver glitter over it. Use a dab of

+ EVEN EASIER

Richter suggests stringing popcorn and cranberry chains — three popcorns for each cranberry — and tying hole-punched vintage holiday cards to tree branches with red ribbon. Find boxes of old cards at flea markets for a few dollars, he says.

hot glue to attach a string for hanging.

Clothespin snowflake

"This is a good sturdy ornament that can be packed away and stand the test of time," says Mohrman.

You need: eight clothespins, craft glue, white acrylic paint, a paintbrush, a foam paintbrush, white glitter, red string and scissors.

Start by carefully sliding the metal clips off of the eight clothespins and discard. Reattach two wooden clothespin pieces by gluing the flat sides together. Repeat for the remaining wood pieces. Arrange these reattached wood pieces in the shape of a snowflake and glue together at the base; let dry completely.

Apply white paint to the edges and one side of the snowflake. While the paint is still wet, sprinkle on white glitter.

Once dry, flip the snowflake over and apply paint and glitter to the other side.

Finally, slip a length of red string through one of the openings in the snowflake and tie the ends into a bow; use it to hang the ornament.

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metr SPORTS

The men's ski events are off next week due to warm weather, the first time in 29 years a World Cup downhill at Lake Louise has been cancelled

Gaudreau's tough break

FLAMES

Fractured finger lands Johnny Hockey under the knife

Calgary Flames forward Johnny Gaudreau was scheduled to undergo surgery Wednesday to repair a fractured finger.

Gaudreau suffered the injury in Tuesday's 1-0 win over the Minnesota Wild. A timeline for his return will be provided in the coming days.

"It's his finger so it can be four (weeks), it can be six, you don't know," Flames coach Glen Gulutzan said. "For me, I'm just preparing for the worst-case scenario and that's how it goes. But we won't know anything on this injury until we hear from the doctors. It could be less, it could be more."

Gaudreau left Tuesday's game early in the third period after taking a slash to the hand.

"The NHL has tried to crack down on that stuff," Gulutzan said. "What we did last night was we addressed it with the officials, after the second period. There were a few whacks there that Johnny had to go off for. But the third whack got him. But we addressed it."

The 23-year-old native of Salem, N.J., has 11 points (five goals and six assists) in

17 games this season.

He signed a \$40.5-million US, six-year contract extension with the Flames last month. Gaudreau struggled at the start of the season with two goals in his first 14 games, but had three goals in his last two games.

"That's a big piece out of our lineup and our team. I felt like Johnny was going out there and getting his game to where it needs to be so it's a tough blow," Flames captain Mark Giordano said.

Linden Vey will take Gaudreau's spot in the lineup, but will centre the third line between Matt Stajan and Alex Chiasson.

Sam Bennett will be elevated to the first line alongside Sean Monahan and Troy Brouwer.

"We're going to have to continue to play tight-checking. We're not the first team or the last that's going to lose a star player and then have to find a way to manufacture wins," Gulutzan said.

"We needed to improve, we all know that, and identify a game, or the building blocks of a game that's going to let you have long-term success. When you take an offensive guy out of your lineup, you have to solidify the way you play defensively as a group,"

THE CANADIAN PRESS

60

The number of goals Gaudreau has scored in 177 career NHL games.



Johnny Gaudreau of the Flames carries the puck against the Rangers' J.T. Miller at Scotiabank Saddledome on Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

NHL IN BRIEF

Stamkos out indefinitely with tear in his knee

Tampa Bay Lightning forward Steven Stamkos will be out of the lineup indefinitely due to a right knee injury, the team said Wednesday.

General manager Steve Yzerman said Stamkos suffered a lateral meniscus tear in his right knee in Tuesday night's game against the Detroit Red Wings. Stamkos has 20 points (9-11) in 17 games this season.

THE CANADIAN PRESS

Hall undergoes surgery

New Jersey Devils left-winger Taylor Hall has had surgery on his left knee.

The Devils announced Wednesday that Hall had a torn meniscus repaired in the procedure performed by team physician Dr. Michael Shindle and Dr. Jonathan Glashow, the club's chief medical officer. He will be sidelined up to a month. THE ASSOCIATED PRESS

Caps crush Penguins

Nicklas Backstrom had two goals and three assists and T.J. Oshie enjoyed a four-point game as the Washington Capitals broke out of a recent funk to rout the rival Pittsburgh Penguins 7-1 on Wednesday night.

Oshie had two goals and two assists, and Alex Ovechkin, Dmitry Orlov and Justin Williams also scored for the Capitals, who had lost three of four.

THE ASSOCIATED PRESS

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MLB

Red Sox' Porcello wins AL Cy Young

Rick Porcello of the Boston Red Sox has won the AL Cy Young Award by a narrow margin and Max Scherzer of the Washington Nationals has taken the NL prize.

Porcello led the majors with 22 wins, and beat out Detroit's Justin Verlander and Cleveland's Corey Kluber in results announced Wednesday.

Porcello got just eight first-place votes from members of the Baseball Writers' Association of America while Verlander drew 14. But Porcello drew more support across the board and was listed by all 30 voters — Verlander was left off two ballots.

Scherzer becomes the sixth



Rick Porcello

RICH GAGNON/GETTY IMAGES

pitcher to win the Cy Young in both leagues, earning the NL honour by a wide margin. He led the majors with 284 strikeouts and topped the league with 20 wins, and beat out Chicago Cubs teammates Jon Lester and Kyle Hendricks.

THE ASSOCIATED PRESS

IN BRIEF

RG3 cleared for contact but not ready to practise

Robert Griffin III's comeback isn't quite ready to begin.

Cleveland's QB, who broke a bone in his left shoulder in the Browns' season opener, has been cleared for non-contact drills and could play again this season.

However, he won't practise this week and it's not clear when he will. Griffin was on a stationary bike on Wednesday as the winless Browns (0-10) continued.

Pacers pounce to beat Cavaliers without LeBron

Paul George scored 21 points and the Indiana Pacers took advantage off the resting LeBron James' absence to beat the Cleveland Cavaliers 103-93 on Wednesday night.

Jeff Teague added 20 points and eight assists, and Thaddeus Young had 16 points to help the Pacers improve to 6-1 at home and 6-6 overall. James sat out for the first time this season.

THE ASSOCIATED PRESS



RAPTORS DINOS TAKE ON DUBS ON DRAKE NIGHT Warriors point guard Stephen Curry passes the ball as the Raptors' Kyle Lowry looks on at Air Canada Centre on Wednesday night. The game marked Kevin Durant's Toronto debut as a member of the Warriors. Go to metronews.ca for the story. FRANK GUNN/THE CANADIAN PRESS

Lumsden and Wright back in Team Canada

BOBSLED

Duo's hunger for Olympic medal reason for return

Canada's bobsled team has gone from thin to fat in the space of a year. There wasn't enough brakemen meeting domestic standards a year ago to start the World Cup season with more than one four-man sled.

Canada opens this season Dec. 2-3 in Whistler, B.C., with three men's crews, as well as a full complement of three men's and three women's teams in two-man races. The return of two-time Olympians Jesse Lumsden and Neville Wright to the team after two-year breaks has contributed to the sudden depth on the men's side.

Both brakemen said they needed physical and mental breaks after a stressful 2014 Winter Games, but planned all along to return and compete in a third Olympics in Pyeongchang, South Korea, in 2018.



Former Calgary Stampeder Jesse Lumsden is back with the Canadian bobsled team this season. ALEXANDER KLEIN/AFP/GETTY IMAGES

"I knew if I was going to take a run for Korea, I needed to get myself sorted out so I can come in 100 per cent," said Wright, a 35-year-old from Edmonton.

"I've been to two Games now, so it's like third time is a charm. I need to finish off with a medal. I'm focused on medalling, finishing my career with a medal so I'm digging in that much deeper to try and achieve that."

Lumsden, a former CFL running back with the Hamilton Tiger-Cats and Calgary Stampede, concurred the elusive Olympic medal brought him back to the fold.

"The reason I'm here now is because of what happened in 2014," said the 34-year-old from Burlington, Ont. "If we had won a medal, I don't know if I would be here."

"I love competition, I want to be a part of it, I want to win it. If I have the opportunity, I've got a few bullets left in the chamber to fire. I'm going to empty them pretty soon here."

Lumsden was in the Justin Kripps crew that crashed on the Sochi track in 2014. He and pilot Chris Spring were seventh in two-man bobsled. Lumsden and Pierre Lueders placed fifth in both races in 2010.

Wright was ninth in Sochi in Lyndon Rush's four-man sled and fifth with Lumsden and Lueders four years earlier. Lumsden has re-joined Kripps and Wright is in Spring's crew this season.

"It makes a huge difference to have people like those two guys back in the program that have the Olympic experience and have the experience of being on podiums in World Cups," said Bobsleigh Canada Skeleton high-performance director Chris Le Bihan. "(Having them) in pre-season sliding, in the ice house, in the gym, it brings a huge amount of leadership back into the program."

THE CANADIAN PRESS

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RECIPE One-Pot Tomato and Basil Chicken Pasta



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Directions

1. Generously season chicken breast with kosher salt and pepper. Cut into 1-inch pieces.

2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.

3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.

4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

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This recipe is called having your cake and eating it, too, since you make a satisfyingly yummy meal and then have barely any cleanup.

Ready in 30 minutes

Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients

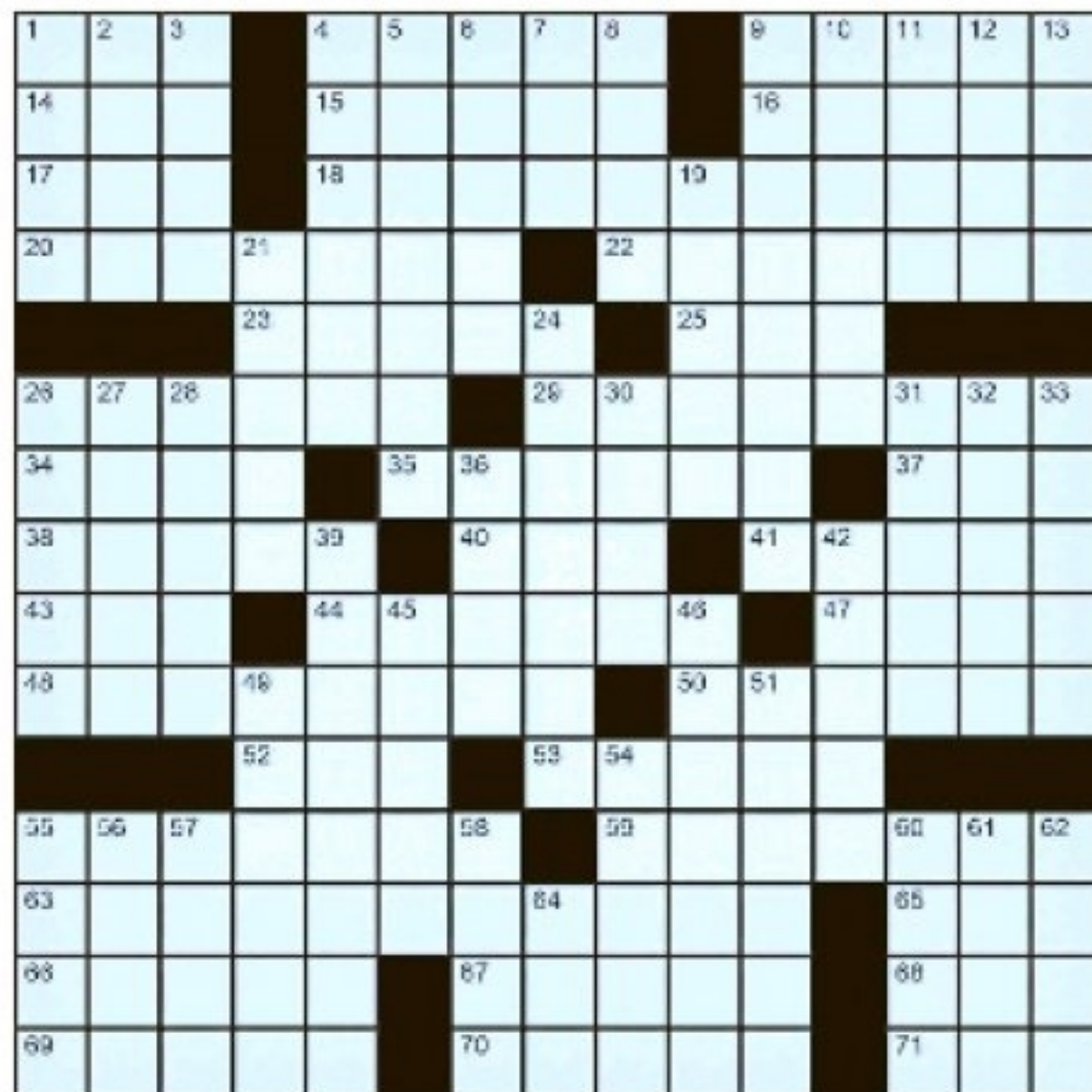
- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsp extra virgin olive oil
- 4 cloves of garlic, minced
- 1x28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Firth of Clyde topper
4. Belarus' capital
9. Awesome party
14. Montrealer's 'soul'
15. Flipping ___ (Pre-game tradition)
16. City in northern France
17. Baseball's Mr. Dykstra
18. New album by Inuk throat singer Tanya Tagaq
20. Collapse, cookie-style
22. Paid for dinner
23. Aware
25. Ms. Landers
26. Sports game outcomes
29. Vexers
34. 'Scotch' add-on (Stuff sprayed on a sofa, perhaps)
35. Uses a need-this-no-more office paper machine
37. Extinct New Zealand bird
38. Caper
40. Grocery store, e.g.
41. English actress Ms. Blunt
43. ___ degree
44. Walks through the 'in' door
47. Extensions
48. Zaniest
50. From longest ago
52. Grand Opry link
53. South Pacific island group
55. Taxi trip: 2 wds.
59. Pass up



63. 'Ski Capital of Newfoundland and Labrador': 2 wds. (More at #4-Down)
65. Clash
66. Stables sound
67. 'Sea' suffix (Carried by the ocean)
68. Philosophy
69. 'Harry Potter' movies director David
70. Turn
71. "Never ___ Never Again" (1983)

DOWN

1. Gym bag item
2. 'A' of USA [abbr.]
3. 'Desserts' detailer
4. ___ Mountain (Ski resort located in the west coast of Newfoundland town at #63-Across)
5. Like fast food special orders of Pepsi or Coke
6. Attentive type
7. Lady's gent
8. Hand-make a scarf
9. Canadian ten cent piece schooner
10. Tedious listing of things
11. Dismounted
12. Gin flavouring
13. Mind the flock
19. Kraft, Aero or Tide, etc.
21. Weekday day, in

- Quebec City
24. Objectives
26. Haida Gwaii - British Columbia: Anthony Island village which is a UNESCO World Heritage Site, ___ Gwaay Llnagaay
27. Bel ___ (Opera singing style)
28. 'Straight'-meaning prefix
30. Close
31. French writer Mr. Zola
32. Breadbasket breads
33. Speak, archaically
36. Chart-topping songs
39. Dancing/singing/fun parties in Ireland
42. Athlete's prize
45. Dependent
46. Songbook standard: "Make ___ Happy"
49. Gather grub
51. Binders, jacket, lunch storage spot
54. Love lots
55. "Our House" gr.
56. "I just had ___" ...said the hot beverage enjoyer
57. "So ___" (Very well then)
58. Wanes
60. Goo Goo Dolls tune
61. Space mission org.
62. Ms. Rossum of acting
64. Turn to compost

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the most part, this is a feel-good day. However, do not make promises to family members that you can't keep. By evening, power struggles might take place. Just be cool.

Taurus April 21 - May 21
It's easy to overestimate things today, so be careful. People are inclined to exaggerate. Avoid conflict with others in the evening — it will be brief, but nasty.

Gemini May 22 - June 21
Your financial judgment might be a bit hazy today. You might spend too much or give away too much, or overestimate something. Be aware of this.

Cancer June 22 - July 23
Today the Moon is in your sign, at odds with Jupiter, which can make you too casual. You might ignore details. You might feel too lazy to do things.

Leo July 24 - Aug. 23
Because you feel sorry for someone who is less fortunate, you might be unrealistic in how you want to help him or her. Remember: True generosity is giving what is needed.

Virgo Aug. 24 - Sept. 23
When talking to a female friend today, resist the urge to promise more than you can deliver. Don't create a situation where someone else feels let down.

Libra Sept. 24 - Oct. 23
Do not volunteer for anything today, because in your eagerness, you might take on more than you can handle. Respect your own limitations. Be kind to yourself.

Scorpio Oct. 24 - Nov. 22
Travel plans look exciting! However, late in the day, make a point of avoiding controversial subjects like politics, religion and racial issues. You'll be glad you did.

Sagittarius Nov. 23 - Dec. 21
This is not an ideal day to decide how to divide an inheritance or figure out how to share something. Your financial judgment is a bit off. Use caution.

Capricorn Dec. 22 - Jan. 20
Enjoy conversations with others today, because you feel laid-back and easygoing. Nevertheless, avoid conflict this evening, because it will be too intense. Oh yeah.

Aquarius Jan. 21 - Feb. 19
Tackle what is realistic at work today. Be careful about overestimating something or taking on more than you can comfortably handle.

Pisces Feb. 20 - March 20
You will enjoy sports events and playful activities with children today. However, by evening, be patient with kids and romantic partners in order to avoid conflicts.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Menus designed to entertain and delight

It's one of Heritage Park's best kept secrets.

Heritage Park's Selkirk Grille Restaurant is open year-round for lunch and dinner and is located at the front entrance of the park.

"It's a great place to go for lunch or on a date. You don't have to yell across the table to be heard and you're not sitting elbow to elbow with strangers. It's got a totally old-school vibe; warm wood, sandstone, soft lighting and incredible food," says spokesperson, Barb Munro.

The inside of the restaurant is anchored by a prominent sandstone bar, and on the

flipside is private room, that shares the bar, and overlooks the vibrant colours of the neon signs, vintage vehicles and giant gas pumps of Gasoline Alley Museum. This room is available for Christmas parties, weddings or any other private bookings.

"The Selkirk's new chef de cuisine, Tobias Larcher, has designed an incredible winter menu that takes diners on a cross-Canada journey. The menu features Canadian inspired dishes like PEI chorizo poached mussels, Alberta grain-fed elk striploin, duck confit poutine, and made-to-order bannock. We source local seasonal ingredients with a lot of organic

produce coming from our own Heritage Park gardens."

During select Tuesday nights, Heritage Park is promoting its popular Dinner and a Movie series, which pairs a themed, three-course dinner served in the Selkirk Grille, with a classic movie on the big screen in the museum for \$42.95. The next one is on Nov. 22 with National Lampoon's Christmas Vacation.

"Our chefs have a lot of fun designing the menus for these movies, and the nights are becoming really popular," Munro adds.

For more information, please visit heritagepark.ca.

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Bakery keeps it real for 40 years

Forty years in business with the same owner is no small feat but Calgary's popular Glamorgan Bakery is celebrating this upcoming milestone.

The local family-run Glamorgan Bakery is celebrating its 40th anniversary in January under the same owner and main baker, Don Nauta, according to co-owner Jannette Nauta.

"Our family is very involved and you will see us in the store on a regular basis. We started in a small space of the shopping center and have expanded several times. We have amazing staff that has worked with us for over 15 years and we as the owners help out every day, too," she says.

Part of what has made Glamorgan bakery so successful is the fact they still personally take each order in person, by phone or email. That and the fact that they use the same deli-

cious ingredients as 40 years ago, Nauta says.

"We use good quality, real ingredients. We use butter in our cookies, real dairy whip cream in our cakes and pastries, and butter in our butter cream icing. We believe that real basic ingredients make a healthy choice. We do all our baking on site. We have a team of cake decorators who make many custom cakes."

One of the bakery's most popular offerings is its famous cheese bun.

"This product is the favourite of many customers and people take them to friends and family all over the world. We love hearing stories from them about where they are going and how they have to take our baking with them," Nauta says.

Glamorgan Bakery is located at 3919 Richmond Rd. S.W. For more information, please visit glamorganbakery.com.

Visit grand opening for fresh-baked and imported British and Aussie treats

Comfort food at its best.

Driven by the passion to create a place where people could find their favourite British foods without reaching deep into their pockets, Calgary's British Grocer + Bakery owner Shef Hirani says the slogan "comfort food at its best" perfectly sums up the city's newest British grocery store and bakery opening Friday Nov. 18.

"I started this because I see a lack of great British or Australian themed pies, pasties and sausage rolls not to mention whole other side of sweet bakery items. I felt a combination of a great bakery with a retail front carrying British favourites is the perfect combination and my commitment is to offer British goods at reasonable pricing," he says, adding there will be three experienced pastry chefs on board.

This store and bakery combination will also allow Hirani to realize his dream of making delicious comfort food for time starved families. Besides pies, sausage rolls and pastries, they will eventually make fresh soups and comfort foods such as mac and cheese, lasagna, shepherd's pies, butter chicken, tikka masala, stews and more.

"Even though we are themed as British, we will also carry some weekly specials on everyday items such as cheese, yogurt and other essentials," he adds.

British Grocer + Bakery located at 533 Manitou Rd S.E and Hirani invites everyone to come try some sample foods, a cup of tea and take advantage of some great grand opening specials.



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Warm up cool nights with some hot country music

It may have been one of the hottest years on record but we know it's about to get a lot colder. Time to move indoors, folks. So why not combine the quest for heat with the coolness of Cowtown's live music scene. And if you want to know what's cool in the clubs, ask the musicians who have played them.

The slogan for Cowboys is 'the most fun you can have with your boots on'. Country music star Meghan Patrick, whose debut album Grit 'n Grace is heating up the charts, says she had fun playing the night club. Cowboys is hosting a fundraiser for KidSport Calgary on Thursday Nov. 24. The all-day Iconic Electric and Controls Turkey Bowl event will combine American Thanksgiving NFL games, food and live entertainment.

Helping kids is also on the minds of the folks at roots and indie club Broken City, a place favoured by one-time Blue Rodeo member and Cuff the Duke frontman Wayne Petti, as well as Polaris Prize long lister B.A. Johnston. Rock for Rays takes place

Thursday Dec. 1. The funds raised go to Rays Home for HIV positive children in Jaipur, India. Double Fuzz, Meisha & the Spanks, Kinfolk DeeJays and The Torchettes fire it up.

Palomino's Smokehouse also fires up the ratings with thumbs up from Montreal-based touring act, Dany Laj and the Looks as well as roots rocker Sean Burns who has been playing 'round Alberta for many years. People of all years will enjoy children's entertainer Fred Penner who plays the showroom at Palomino's Nov. 26. Singer/songwriter Clinton St. John opens for the Canadian star.

Penner contemporary Valdy plays the Ironwood, a venue that comes recommended once again by Burns. Valdy, best known for his 1972 hit, Rock 'n Roll Song comes in Nov. 20. Eugene Ripper, best known for his 'fast folk style' is on the bill Nov. 21.

Get to the clubs fast, folks. Find the best seats and wait out the cold spell with hot tunes.

— WILL MCGUIRK



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